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**CANADIAN RETAILERS
JUMPING ON
BLACK FRIDAY**
{pages 38-39}

'JUST A HUNCH'

DIRECTOR DISCUSSES
CASTING WILLIAMS AS
MARILYN MONROE {page 30}



OTTAWA

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Thursday, November 24, 2011
www.metronews.ca



News worth sharing.

Winter blast wont last

► December looking to continue November's above average temperature trend, weather office says ► Weekend highs forecast at 10 C for Saturday and 12 C Sunday: Environment Canada

The first snowfall of the season brought about 8 cm of snow to the National Capital Region and a flurry of collisions on roadways yesterday morning.

Ottawa police said there were 57 reported collisions yesterday morning and 46 of them occurred between 6 and 10 a.m.

To put that in perspective, a police spokesperson said they get an average of 60 reported collisions in a full 24 hours in Ottawa. Transit users posted pictures online of an OC Transpo flipped on its side in a ditch along the Transitway near the Queensway Station.

OC Transpo spokesperson Joelyne Turner said the bus was not in service at the time and there were no passengers on board.

The driver was uninjured, Turner said. In all, 30 buses were impacted to some degree due to weather conditions, said Turner.

Relief from the slippery roads is on the way, Environment Canada forecasts.

"The snow will likely disappear by the weekend," said meteorologist Peter Kimball, with temperatures expected to reach double digits after Friday. ■ JOE LOFARO



Local

A voice for the victims

► Ottawa mom wants the 9-year-old who threatened her daughter to be expelled {page 3}

Flameless candles

A safe, bright idea for creating a magical holiday mood {page 40}



Occupiers evicted

After a month camped out in Confederation Park, what's next for the movement? {page 4}

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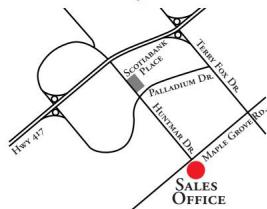
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Two days left to weigh in on passport fees

Passport Canada is being tight-lipped about plans to hike passport fees and what Canadians are telling the agency about the idea.

"When we have more to say, we will," is all spokesperson Béatrice Fénelon would say about plans to ask Parliament to raise the price of a five-year passport to \$120 from \$87. A new 10-year passport would cost \$160.

Consultations to approve the fee hike — a requirement of the User Fee Act — began on Nov. 10 and end tomorrow.

The fee increase comes as Passport Canada is introducing ePassports, which contain an embedded microchip. "This new passport book will be more resistant to tampering and will make illicit travel, such as travelling under a false identity, more difficult," the Passport Canada website says. The new fees are to come into effect sometime in 2013.

NDP MP Jinny Sims said the new fees will put passports out of reach for many families.

"Having a passport is becoming more and more essential, even to go over the border into the United States. If you've got a family of four, you're looking at an incredible amount of money." **JESSICA SMITH**

Let 'em have it

To comment on the increase, go to ppt.gc.ca, click on "consultations" and follow the steps listed there.



CONTRIBUTED

Mom fights back against school bully

► Mother whose daughter was threatened at school says she's speaking out about bullying because someone has to be a voice for other victims



JESSICA
SMITH
@METRONEWS.CA

An Ottawa mom wants the nine-year-old who threatened her daughter and brought a knife to school expelled, saying she's afraid of what will happen when the student returns to school.

Angelle Bow said her daughter, Haylee, 10, was kicked in the back during an anti-bullying assembly, then threatened after she intervened when the bully was assaulting her friend

"I'm going to Google your name, kill your moms, make you watch and then I'm going to kill you."

SCHOOL BULLY TO HAYLEE BOW AND HER FRIEND, ACCORDING TO ANGELLE BOW

at St. Marguerite d'Youville School.

According to Bow, the bully also told her daughter and her friend that she was going to bring a bag and a knife to school so she could

suffocate and stab them.

"Then on Monday she made good on her threat and showed up at school with a knife," Bow said. "The kid's been suspended for a few days, but then she's going to be back among the populace when the suspension is lifted, and that doesn't go over very well."

Bow said the bully should be expelled from the school and educated at a facility equipped to help her deal with her behavioural problems. "Get her the help that she needs,

because she clearly needs help."

Bow plans to approach the school board and the provincial government, if necessary, to make sure the bully doesn't return to her daughter's school.

"I know that bullying needs to be handled much more seriously and not with kid gloves because we don't want to hurt anybody's feelings. When a child is making serious threats and doing serious actions there should be serious repercussions," she said.



Of all the Republicans seeking the presidential nomination, 76-year-old Ron Paul is having the most success with voters under 30. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web

A Canadian film about the experiences of correspondents in warzones has made the short list of 15 documentaries in the running for an Oscar. Video at metronews.ca/video

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► After more than a month camped out in Confederation Park, Occupy protesters have been evicted, but they say they aren't done ► For its part, the NCC says the park has been cleaned and reopened, and there were no signs of property damage ► The questions now: What was learned, what was spent and what's next?



► Occupy Ottawa protester Kevin Donaghy holds a sign and shouts outside the NCC headquarters on Elgin Street yesterday afternoon after police arrested him and seven other protesters who barricaded themselves in the fountain at Confederation Park.



► A screen grab from a YouTube video, which was shot as police turned the protesters out of the park, shows two officers dragging a passively resisting protester away.

Ottawa occupiers get the boot

JESSICA SMITH
AND JOE LOFARO
OTTAWA@METRONEWS.CA

Occupy Ottawa protesters swarmed the front entrance of the National Capital Commission yesterday afternoon after being arrested by police and released from custody in the middle of the night.

Ottawa police removed the protesters from Confederation Park shortly af-

ter 2 a.m. yesterday, just in time for the first snowfall of the season.

The tents, wooden crates, flags and the plastic children's play-castle that protesters had set up in and around the park's fountain as a barricade were gone by morning rush hour.

Police came 26 hours after the deadline — Monday at 11:59 p.m. — that the NCC gave protesters in an eviction notice on Mon-

day afternoon. Ten cruisers and 75 to 150 officers surrounded and cordoned off access to the park, protesters said.

Twenty-five people were in the park and eight were arrested and charged with trespassing, police said.

"(Police) were emptying tents and ushering those willing away off the park, then, eventually, forcibly removing those who chose to passively resist," said

protester Paul Boudreau, who watched the eviction from outside a police-tape barrier.

He said some were carried off gently, but one protester — Obert Madondo — was dragged by four officers.

"They dragged me for a distance — it was very rough," said Madondo as he limped toward the NCC protest on Elgin Street with his arm in a sling. "Then they dropped me

and I hit my head on the road."

He was treated at the Ottawa Hospital for arm and leg injuries after officers disentangled protesters who had chained themselves together.

They had also linked arms and legs, which made the arrests even more difficult.

Madondo said his injuries weren't serious, but added police treated him differently from his colleagues. He said he will

consult with his colleagues before making a decision on whether to file a complaint with police regarding his arrest.

Many of the protesters who were arrested were shouting at the NCC entrance, "The people united will never be defeated."

The group was set to attend a general assembly meeting last night at the University of Ottawa to determine how to keep the movement alive.

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Work on Carling Ave. water main wraps up

Work on the Carling Avenue water main is finished and roads in the area will be reopened soon, according to the ward councillor.

The large water main was finished six months ahead of schedule and is now ready for pressure testing by the contractor and disinfection by the city, said River Coun. Maria McRae in a letter to constituents.

• JESSICA SMITH



For more local news visit metronews.ca/
Ottawa

Coun. wants more out of program

Chair of the Environment Committee Coun. Maria McRae wrote a letter to the province Monday, complaining that Stewardship Ontario isn't living up to promises to pay for the disposal of hazardous

household waste.

Stewardship Ontario collects fees from importers and manufacturers of hazardous waste to pay for the safe disposal of their products.

Stewardship Ontario is supposed to cover the city's entire costs for disposal of hazardous waste, but the funding falls short of the cost by \$430,000, McRae wrote.

• JESSICA SMITH

Thursday, November 24

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Bus driver punched, police say

► Passenger was upset about bus being late: Union official



JOE LOFARO

@METRONEWS.CA

An OC Transpo driver suffered a bruised eye and cheek yesterday morning after a passenger punched him in the face on the 96 to Kanata, cops say.

Police said the incident happened around 9 a.m. and the passenger was being belligerent. Since the driver is not going to press charges, the investigation was handed over to OC Transpo, police said.

Amalgamated Transit Union local 279's grievance officer Michel Fecteau said the passenger, believed to be 16 or 17 years old, was upset because the bus was late.

"While he was paying

(the fare) he berated the operator, swearing at him for being late," said Fecteau. "The operator just asked him to be careful with his language."

That's when the passenger walked to the front of the bus and "sucker punched" the driver in the face before running away, Fecteau said. The driver later sought medical attention.

"I hope that OC Transpo will support the driver to make sure he's fine and do a follow up on him," said Fecteau.

City of Ottawa spokesperson Jocelyne Turner said OC Transpo is investigating the incident and has the power to "lay infractions," depending on their findings.

Wintery. Sight



► An OC Transpo passenger snapped this picture of a bus that rolled over yesterday during the city's first snowfall.

QUEYON ZENG/FOR METRO

Bus rolls over after snowfall

Fire fighters were called to the scene of a bus rollover at 7:10 a.m. yesterday. According to the fire service there were no passengers on the bus and the driver had escaped from the vehicle through the roof hatch. There was no fuel spill or hazard, fire officials said.



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Ottawa man's magic is Immortal

CONTRIBUTED

► In this scene of *The Immortals*, Zeus (Luke Evans) comes after Ares (Daniel Sharman) with a fire whip. Evans was trained to use a whip, but only held a handle on set. BarXseven Visual Effects created the whip's motion and fire.



► Had hand in 3-D flick's special effects ► Movie cost more than \$75M



JESSICA
SMITH
@METRONEWS.CA

It's not easy to put a fire whip in the hand of a god or make heads explode in super-slow motion, according to the owner of the special-effects company that made those things happen in the movie *The Immortals*.

The work is a combination of computer science, engineering and fine art, which makes even the violent scene interesting and artistic to look at, said Ottawa native Jay Randall, president of BarXseven Visual Effects.

"Mainly we did some of the more violent sequences," he said.

One of the scenes Randall and his team worked on shows the god Ares — who moves as quickly as only gods can — fighting the human Heraklions, who are "the bad guys in the movie."

"We shot them at super-slow motion, so that it looks like, when Ares is moving through them, they're almost like statues, they're barely moving," he said. "And when he swings with his war hammer and knocks their heads off, all of their heads essentially exploded in super-slow motion. It's a fairly graphic scene."

"There was a balance we tried to find, and I think we were quite successful at it."

Condo AGM postponed after students submit petition

A South Keys condo board that passed a rule effectively banning student tenants has put off its annual general meeting after angry students gave them a petition with names of condo owners opposed to the rule.

The Southgate Road condo board passed a rule in October saying unit owners can only rent to single families. This includes parents and children, married couples or people in a "conjugal relationship," two or more persons intend-

ing to live together permanently, or someone who is a caregiver for someone else.

Carleton University student Nicholas McLeod says the rule discriminates against student renters who are virtually the only group who rent

as unrelated tenants.

In order to overturn the ruling, McLeod needed a petition with 15 per cent of the condo's homeowners stating they disagree with the ruling — a quota he filled just before the obligatory 30 days were up.

The condo board's AGM was supposed to happen Tuesday, but was postponed to Dec. 6 in order to deal with the issue.

Although renters are not allowed to attend the meeting, McLeod said he's confident his petition will receive the 25

per cent quorum it needs to overturn the ruling.

"The sense I feel in the community is that many are appalled at what's happening. So I'm very confident that the people of the community will stand up and say no," he said. **OTTAWA THIS WEEK**

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Richmond Rd. death not suspicious: Police

► Foul play ruled out in discovery of body outside Marina Bay highrise



JOE LOFARO

@METRONEWS.CA

Ottawa police say the death of a 28-year-old Ottawa man whose body was found outside of a Richmond Road condo early yesterday morning is no longer considered suspicious.

An autopsy was performed yesterday, but po-

lice would not release any further details.

A man called 911 just after 4:30 a.m. when he saw someone lying on the ground outside the entrance of the Marina Bay highrise.

Sgt. Reg Macdonald with the Ottawa Police Service said the man was pronounced dead on scene.

Tyler Guthrie left his

apartment at William Mosgrove Towers at 8:15 a.m. when he saw three police cruisers outside the building next to his.

"I saw police with what looked like a sled with a body on top covered up and an individual taking a picture of the face of the deceased individual," said Guthrie.

"It makes me feel a little bit uneasy."

Guthrie said he also saw police activity at the bus shelter about 50 feet away from the scene.

Police had caution tape set up around the shelter, but an officer removed it at around 11 a.m. yesterday.

Police cordoned off the front entrance area of the condo yesterday with caution tape as they conducted their investigation.



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Submerged-car girl tried suicide, court told

A court heard yesterday about the gruesome home life of a teenage girl allegedly killed by her family along with her two sisters.

Sahar Shafia confided in school and child protection authorities that she was being pressured to wear a hijab, the court in Kingston was told.

She was also being shunned at home, so she

tried to kill herself, the court heard.

Shafia, then 16, told a school assistant principal her parents had barely spoken with her in the previous eight months.

She also said she was subject to verbal and physical abuse by her older brother, the assistant principal told court.

It was all too much, so she took some pills in a



suicide attempt, assistant principal Josee Fortin said.

"I had enough," she said Sahar told her. "I wanted to die."

The bodies of Sahar, 17, her sisters Zainab, 19, and Geeti, 13, along with the body of Rona Amir Mohammad, 50, one of their father's two wives, were found in a car submerged in a Kingston canal.

THE CANADIAN PRESS

Family on trial

The parents, Tooba Mohammad Yahya, 41, and Mohammad Shafia, 58, and brother Hamed, 20, have pleaded not guilty to first-degree murder.

When Sahar tried to kill herself, her mother said something to the effect of, if she wants to die, let her, the court heard.

Protesters feel the heat – and cold

► Toronto camp dismantled almost peacefully ► Snow gives Montreal campers the shivers

Occupy Toronto protesters bowed to the inevitable yesterday after a 39-day odyssey.

Scores of police and by-law officers armed with a court order moved into a downtown park to dismantle the Occupy camp.

The utopian protest encampment was reduced to a jumble of tarpaulins, tent poles and mud.

Meanwhile, the interaction between police and demonstrators remained cordial, even courteous.

One protester offered officers tulips. Another shook hands with police, thanking them for their restraint.

The end appeared to come as a relief to the shrinking number of activists. "It's really calm," said protester Katie Berger. "Everyone has planned for this."

But one woman was arrested. She went limp and

**"I wish it was over.
I'm tired."**

A FORLORN YOUNG PROTESTER

was carried away. Two others were arrested later as a crowd chanted "shame! shame!"

Other flashpoints:
VANCOUVER

Police moved in early yesterday to dismantle a second Occupy site that sprang up after the initial site at the art gallery was deemed illegal and ordered removed.

MONTRÉAL

Occupy Montreal tents sagged under the weight of snow as the city faced its first major storm of the season.

Mayor Gerald Tremblay has asked the protesters to leave the site in Montreal's financial district.

Organizers have said they have no plans to move.

THE CANADIAN PRESS



Occupy? It's a web of laughs

The Occupy protests have spawned all kinds of Internet fun.

The California cop who pepper-sprayed protesters is known as "Pepper Spraying Cop" online. A meme shows him pepper-spraying famous figures in history. George Washington gets it. So does Jesus.

There have been other online pranks. One image of a cat bears a note: "I am the 99 percent."

Says the Cookie Monster: "99 per cent of the world's cookies are consumed by 1 per cent of the monsters."

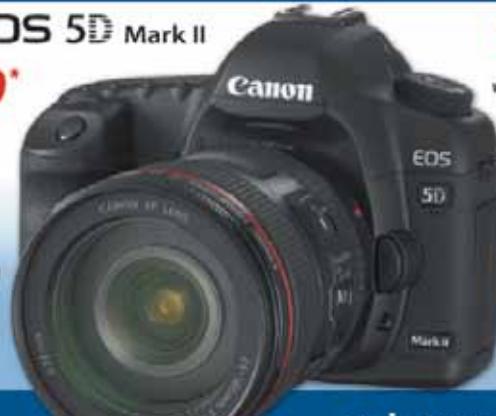
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► People celebrate the signing by President Ali Abdullah Saleh of a document agreeing to step down after a long-running uprising to oust him from 33 years in power in Sanaa, Yemen, yesterday.

ARAB SPRING **YEMEN PRESIDENT AGREES TO STEP DOWN**

Yemen's authoritarian President Ali Abdullah Saleh yesterday agreed to step down amid a fierce uprising to oust him after 33 years in power. The U.S. and its powerful Gulf allies pressed for the deal, concerned that a security collapse in the impoverished Arab nation was allowing an active al-Qaida franchise to gain a firmer foothold.

Saleh is the fourth Arab leader toppled in the wave of Arab Spring uprisings this year, after longtime dictators fell in Tunisia, Egypt and Libya. The deal gives Saleh immunity from prosecution — contradicting a key demand of Yemen's opposition protesters.

Seated beside Saudi King Abdullah in the Saudi capital Riyadh, Saleh signed the U.S.-backed deal hammered out by his country's powerful Gulf Arab

neighbours to transfer power within 30 days to his vice-president, Abed Rabbo Mansour Hadi. That will be followed by early presidential elections within 90 days.

He was dressed smartly in a dark business suit with a matching striped tie and handkerchief, and he smiled as he signed the deal, then clapped his hands a few times. He then spoke for a few minutes to members of the Saudi royal family and international diplomats, promising his ruling party "will be co-operative" in working with a new unity government.

"This disagreement for the last 10 months has had a big impact on Yemen in the realms of culture, development, politics, which led to a threat to national unity and destroyed what has been built in past years," he said.

THE ASSOCIATED PRESS

Egypt military faces world condemnation

- ▶ UN official calls for prompt, impartial and independent investigation
- ▶ Brief truce falls apart as protesters battle police at Tahrir Square

International criticism of Egypt's military rulers mounted yesterday as police clashed for a fifth day with protesters demanding the generals relinquish power immediately. A rights group raised the death toll for the wave of violence to at least 38.

The United Nations strongly condemned authorities for what it deemed an excessive use of force. Germany, one of Egypt's top trading partners, called for a quick transfer of power to a civilian government. The U.S. and the UN secretary-general have already expressed their concern over the use of violence against mostly peaceful protesters.

Navi Pillay, the UN High Commissioner for Human Rights, deplored the role of Egypt's security forces in attempting to suppress protesters.

"Some of the images coming out of Tahrir, including the brutal beating of already subdued protesters, are deeply shocking, as are the reports of unarmed protesters being shot in the head," Pillay said.

Clashes resumed for a fifth day despite a promise by the head of the ruling military council on Tuesday to speed up a presidential election to the first

► An Egyptian protester using scrap metal as a shield takes cover from tear gas during clashes with security forces near Tahrir Square in Cairo yesterday.



Israel preparing for worst

More concessions

- The government offered more concessions, ordering the release of 312 protesters detained over the past days and instructing civilian prosecutors to take over a probe the military started into the death of 27 people, mostly Christians, on Oct. 9.

Watching from the sidelines yet feeling much involved, Israel is preparing for the worst in Egypt, concerned about the fate of the 1979 peace treaty.

THE ASSOCIATED PRESS

A close-up photograph of a woman's eye, focusing on the iris and eyelashes. To the right of the eye, there is a graphic of large, shiny gold numbers. The first two digits are preceded by a dollar sign, and a percentage sign is positioned above the last two digits. Below the gold numbers, the words "down", "payments", and "interest" are written in a smaller, black, sans-serif font, aligned with the corresponding digits of the gold numbers.



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U.S. stands firm after Russia threat

► Medvedev warns Moscow may opt out of START arms control deal

The White House says the U.S. will not limit or change its missile defence plans in Europe amid new threats from Russia.

Spokesman Tommy Vietor says the U.S. has been open and transparent with Moscow on its missile defence plans in Western Europe. The U.S. has repeatedly said those plans reflect a growing threat from Iran.

His comments follow Russian President Dmitry Medvedev's assertion yesterday that Russia would target the U.S. missile shield if Washington fails to assuage Moscow's concerns. **THE ASSOCIATED PRESS**

Tit for tat

- The U.S. plan calls for placing land- and sea-based radars and interceptors in European locations, including Romania and Poland, over the next decade and upgrading them over time.
- Medvedev warned that Moscow would deploy short-range Iskander missiles in Kaliningrad, a Baltic Sea region bordering Poland, and place weapons in other areas in Russia's west and south to target U.S. missile defence sites.

Italy. Mudslides



► Cars get stuck in the mud in Scarcelli Saponara, near Messina, southern Italy, yesterday.

CARMELO INBESI/THE ASSOCIATED PRESS

Rains batter eastern Sicily

Torrential rain battered eastern Sicily yesterday, and mudslides killed at least three people and have swept away cars and washed out bridges. A mudslide in the hamlet of Saponara killed a 10-year-old boy as his family fled their home. Much of Italy's terrain is landslide-prone, and many have built homes on steep hillsides in defiance of warnings by geologists.

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Anti-nuke anger flies off the rails

► Vehicles torched, tear gas fired amid row over 'radioactive train'

The shadow of Japan's nuclear disaster loomed over violence in northern France yesterday.

Riot police fired tear gas at anti-nuclear protesters in a Normandy field and vehicles were set aflame.

Activists damaged a railway and delayed the departure of a train carrying recycled uranium to Germany.

"Stop This Radioactive Train," read banners waved by protesters.

The train finally left the depot at Valognes, but was expected to meet protests and resistance all along its journey from a nuclear-waste-processing site on the English Channel to a storage site in northern Germany.

Protesters point to the disaster at Japan's Fukushima

Europe's stance

- Chancellor Angela Merkel's government has decided to shut all Germany's nuclear plants by 2022.
- French President Nicolas Sarkozy has reiterated his commitment to nuclear power. France is more reliant on nuclear power than any other country, with the majority of its electricity coming from atomic reactors.

ma nuclear plant after a tsunami earlier this year as an urgent reason to abandon atomic power.

In Germany, police were preparing a big security operation to protect the nuclear waste shipment.

THE ASSOCIATED PRESS



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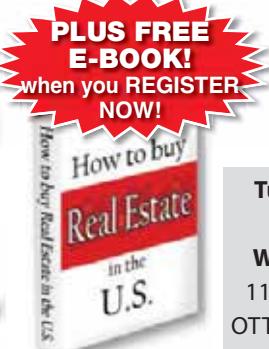


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B.C. judge justifies polygamy law

► Judge upholds centuries-old ban on polygamy ► Says harm to women and children outweigh freedom-of-religion rights

Chief Justice Robert Bauman of the B.C. Supreme Court concluded yesterday that Canada's polygamy law is valid as long as it isn't used to prosecute child brides, and he suggested it should be interpreted that way.

"This case is essentially about harm. ... This includes harm to women, to children, to society and to the institution of monogamous marriage," wrote Bauman. "Polygamy's harm to society includes the critical fact that a great many of its individual harms are not specific to any particular religious, cultural or regional context. They can be generalized and expected to occur

"There can be no alternative to the outright prohibition. There is no such thing as so-called 'good polygamy.'"

CHIEF JUSTICE ROBERT BAUMAN,
B.C. SUPREME COURT

wherever polygamy exists." Bauman's decision isn't binding, although the case is expected to end up at the Supreme Court of Canada, which would have the final say on Canada's polygamy law. George Macintosh, a lawyer appointed to oppose the law at the hearings, said he would likely launch such an appeal.

The case was prompted by more than two decades of controversy surrounding the isolated religious community of Bountiful, B.C., where residents follow a fundamentalist form of Mormonism that believes polygamy is required to attain the highest level of heaven.

The failed prosecution of two leaders from the community — Winston Blackmore and James Oler — set the stage for the current constitutional reference.

"I certainly don't plan on dropping my faith and running away," said Blackmore upon hearing the decision.

THE CANADIAN PRESS



7 charged in Amish attacks

The leader of a breakaway Amish group allowed the beatings of those who disobeyed him, made some members sleep in a chicken coop and had sexual relations with married women to "cleanse them," federal authorities said yesterday as they charged him and six others with hate crimes in hair-cutting attacks against other Amish.

Authorities raided the group's compound in eastern Ohio earlier in the day

and arrested seven men, including group leader Sam Mullet and three of his sons. Several members of the group carried out the attacks in September, October and November by forcefully cutting the beards and hair of Amish men and women and then taking photos of them, authorities said. Cutting the hair is a highly offensive act to the Amish, who believe the Bible's instructions to keep them long.

THE ASSOCIATED PRESS

Mullet's defense

Mullet's defence attorney said that his client plans to fight the federal charges.

- Mullet said he didn't order the hair-cutting but didn't stop the crime either.
- His goal was to send a message to other Amish that they should be ashamed of themselves for how they were treating Mullet and his community.

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Americans give thanks

About 42.5 million people are expected to drive, fly or ride trains to their Thanksgiving destinations, according to travel tracker AAA. That's the highest number since the start of the recession in 2008, despite an average 20 per cent increase in travel costs.

'Benton' sweeps Internet

► British man cursing his dog goes viral with 700,000 views ► Multiple spoofs follow

"Benton! Benton! Jesus Christ!"

That was the cry heard around the world this week, when a video of a British man cursing his dog — as the dog chases some deer — went viral. (Search for Jesus Christ in Richmond Park.)

Within hours, a spoof video had gone up: "Jesus Christ in Jurassic Park," which places the "Benton!" audio track over footage of rampaging dinosaurs.

Then more parodies hit: Braveheart, Back to the Future, Jumanji, The Lion King, Alien.

How does someone make a viral video of a viral video so quickly? We contacted the "Jurassic" creator.

"My niece put the original on Facebook when it first came out and had like



1,000 views," says David Bow, 32, a freelance video editor from London. "It cracked me up because I used to have a Labrador, too, and he'd always get-



Scan code to watch Jesus Christ in Richmond Park.

ting me in to all sorts of mischief."

Bow had watched "Jurassic Park" three nights before and thought the scenes would match. The execution was done quickly: "I played three games of FIFA first so about 40 minutes."

Once posted, his parody landed on the front page of influential website Reddit, where it was rated highly.

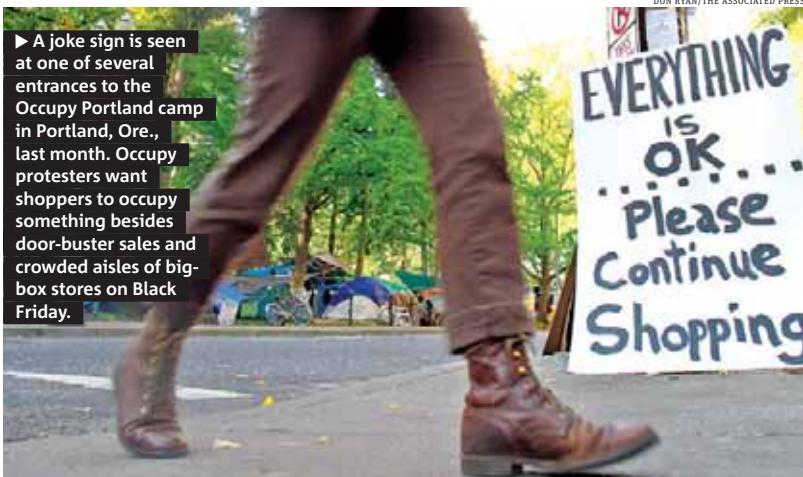
Bow says the video became popular because, "If I'm being honest? Talent. I'm not being arrogant here but I think people recognize talent."

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Malls to be occupied on this Black Friday

- Targeted marches planned since camps broken up
- Hit list includes big chain stores in suburbs

Occupy protesters want shoppers to occupy something besides door-buster sales and mall parking lots on Black Friday.

Some don't want people to shop at all. Others just want to divert shoppers from big chains and giant shopping malls to local mom-and-pops.

And while the actions don't appear co-ordinated, they have similar themes: supporting small businesses while criticizing the day's dedication to conspicuous consumption and shopping that fuels big cor-

porations. Nearly each one promises some kind of surprise action on the day after Thanksgiving — the start of holiday shopping season.

In Seattle, protesters are carpooling to Walmart stores to protest with other Occupy groups. Washington, D.C., is offering a "really, really free market," where people can donate items they don't want so others can go gift shopping for free.

Others plan to hit the mall, but not for shopping. The 75-person encampment in Boise, Idaho, will

send "consumer zombies" to wander around in silent protest. In Chicago, protesters will serenade shoppers with revamped Christmas carols about buying local. The Des Moines, Iowa, group plans flash mobs at three malls.

That may not fly with small businesses wary of any association with the movement, which presents itself as pushing back against corporate power.

Trying to shop exclusively local neglects economies of scale, job specialization and other benefits that big, multi-state corporations can bring, said George Mason University economist Russ Roberts. "Don't punish yourself by not shopping where you can get the best deal; that's foolish," Roberts said. THE ASSOCIATED PRESS

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Businesses, small and large, can invest: Carney

Bank of Canada governor Mark Carney says growing access to capital should make Canadian businesses confident to invest, despite the financial chaos that has rocked Europe and troubling signals out of the United States.

"Given the relative attractiveness of Canada in global terms, Canadian businesses large and small can expect continued access to capital and that's extremely important because that allows to plan for the medium and long term," he said yesterday.

While Canadian trade with Europe remains relatively low, there are tremendous opportunities, even with Europe's debt crisis, Carney said. Carney cautioned against overreaction during a period of international volatility.

The head of the Montreal Board of Trade said Car-



ney's comments are reassuring to entrepreneurs who wonder if the time is right to develop their businesses and export markets.

"The worry is when they hear that in Europe investments are slowing down and the fear is a form of contagion," said Michel Leblanc. "The answer today was reassuring that the Canadian system seems to be strong enough that Canadian businesses need not have to worry."

Carney forecast

- Carney said interest rates will remain low as the central bank tries to keep the economy moving.
- He says the economy rebounding in the third quarter and in October is a temporary respite from the approaching storm.
- He conceded that the end of 2011 will be better than projected at two per cent in the third quarter and 0.8 per cent in the fourth. Economists expect the third quarter to come in at three percent or higher.
- Carney maintained that the economy will grow 1.9 per cent next year, emphasizing risks remain high.
- He predicted inflation will slow from 2.9 per cent to about one per cent by mid next year as oil and food prices moderate.

Market moment

TSX	Dollar
	
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Oil	Natural gas \$3.460 (+ 4.5¢)
	
- \$1.84 US (\$96.17 US)	Gold \$1,695.90 (- \$6.50)

Tastes like pork but it's goose: Rabbi

Israel's chief rabbi is bringing home the bacon. Yona Metzger's office says it is primed to allow import of an organic goose grown in Spain that tastes like pork. Metzger says three non-Jewish chefs confirm its swinish flavour. Jewish dietary law forbids eating pork. There is no Jewish injunction against eating goose that is slaughtered according to Jewish ritual, he says. THE ASSOCIATED PRESS

OTTAWA SCHOOL OF ART

Notice of Annual Meeting of Members

TAKE NOTICE that the annual meeting of members of the Ottawa School of Art will be held at the Ottawa School of Art, 35 George St. in the City of Ottawa on Tuesday, November 29, 2011 at 7pm for the purpose of: hearing and receiving reports and statements, electing directors, appointing an auditor and the transaction of any other business for which purpose notice has been given. For information please call 613-241-7471 or visit www.artottawa.ca.

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JOHN MAZEROLLE

METRO



It's time to get things started, so let's discuss: Why does my generation find the Muppets' return so celebrational?

My workplace has been so overrun with Muppet talk lately that one boss said he wouldn't take part in any more conversations unless they were Muppet-free. Embracing our good fortune, my co-workers and I spent days defending our favourite Muppets with a vigour most people save for discussing which is the one true religion.

Let's be honest. The which-Muppet-is-best argument is silly, especially when one considers that Rowlf is the Ultimate Muppet, or "UltiMuppet," end of story.

That truth aside, the conversation still left me wondering what it is about the Muppets that captures everyone's imagination.

Have you ever had a girlfriend or boyfriend where all the things that bugged you in other partners seemed cute in her or him? That's the Muppets.

The show is soaked in irony, but is sincere and sweet. The franchise rakes in cash, but it feels like they're doing it for free. The jokes are cornier than anything this side of Hee Haw, but it's still hilarious.

Bring a Muppet to almost anything and it

improves it. If there's a Twilight: New Muppet, I'm lining up at midnight to rave about how sexy Count Von Count is. If Mel Gibson wants to make The Passion of The Kermit, I'm there. I'll even watch An Inconvenient Muppet

Truth if Beaker is trembling at the bad news and Honeydew brings a fool-proof machine to fix global warming.

Replace Billy Joel with Rowlf, Brangelina with Kermiggy, Nickelback half-time shows with Mahna Mahna half-time shows. Life would be better.

If the Muppets were real, the world would be a simpler, less frightening place. Tell me the House of Commons wouldn't be improved with Statler and Waldorf in their balcony as the Official Opposition.

HARPER: This legislation will keep Canadians safer.

STATLER: Who keeps us safe from you?

HARPER: You guys, knock it off.

WALDORF: Actually, that speech reminded us of an article in our favourite magazine.

HARPER: Really?

STATLER and WALDORF: Harper's Bizarre!

If we all lived like Muppets, peak oil wouldn't be a problem when you can fit 40 of us in the same car. There can be no racism in a world where love exists between pig and frog. And instead of being puppets of America, we'd just be American puppets.

I'm not sure I've gotten to the bottom of the Muppets' appeal, but someday we'll find it, this rainbow connection. All I can say for sure is that my generation's belief in the Muppets is not cheap nostalgia, but completely felt. (Wocka wocka.)

Read more of John Mazerolle's columns at metronews.ca/hesays



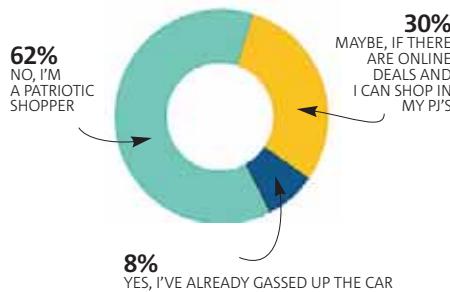
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Local tweets



► **@writer-gurl19:**

Passed 4 cars

& a transport

truck in the ditch on my way in this morning.

Seriously people...the white stuff was here all last winter! #snow

► **@InfoAlerteBot:**

[REQUIRED JOYOUS/ SADDENED COMMENT ABOUT SNOW IN OTTAWA]

► **@elysianinsight:**

Not sure how u feel about the #snow? Go for a #walk or #run outdoors today, see if u don't feel gr8 after! Or play

in the snow with kids!

► **@SeanMurphy77:**

#Snow covering Ottawa today! Can't help but smile when you wake up to a white view!

► **@Paeter_Michael:**

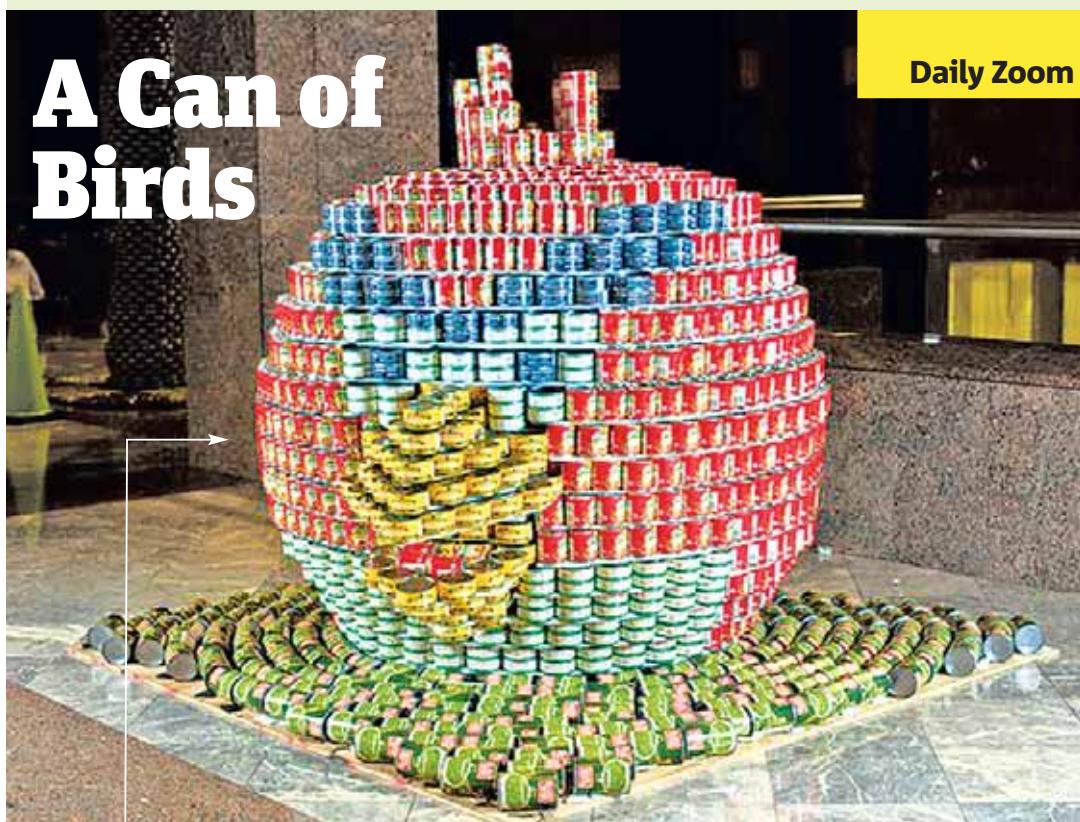
I like how both #snow and #neige is trending in Canada. This is what Trudeau fought and died for !!! :P

► **@Mandy_Bean:**

Here is a status about #snow.

► **@LBAcquiredTaste:**

Sounds strange, but somehow #snow seems to make the world feel a little warmer.



Daily Zoom

Stacking up a work of art

TIN CAN. This Angry Birds replica in New York City has been constructed entirely from tin cans. It and others are part of Canstruction, a global community service project organized by the construction industry to benefit local food banks. The annual event has been held in over 193 cities since 1992. **MWN**

They CAN do it for a good cause

COMPETITION. The event was created by the Society for Design Administration. Spokesperson Chakshu Mehta explains the premise of the project: "The idea is to put a visual spotlight on hunger while showcasing the design." Notable creations include the head of Tutankhamen, Marilyn Monroe and Barack Obama. **MWN**

3,000

is the average number of food cans in each 'sculpture'. Between 5 to 10 stackers work as a team for up to 8 hours to build a work. The hardest thing to figure out is how many cans are needed for each project, organizers told Metro.

Can-shaped facts

► 29,000 kilos of food were raised in the New York competition. That's enough to feed almost 14,000 people for one day.

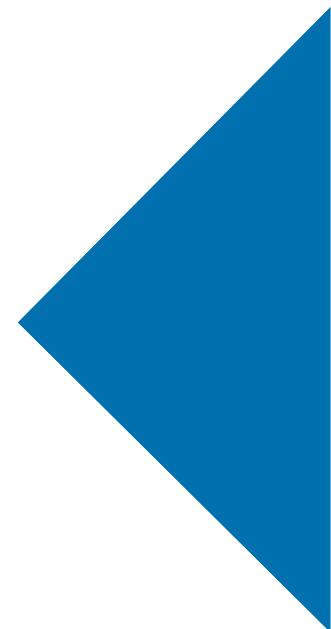
► Serious 'food stackers,' Architects, engineers, designers and building contractors team up to construct perfect sculpture.



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Nickelback stars in a new video on the comedy site FunnyorDie.com. The profanity-laden clip finds Nickelback responding to an online petition set up to stop the divisive hard-rockers from playing at a Detroit Lions game on Thursday.

THE ASSOCIATED PRESS



Bee Gee Robin Gibb says on his website that he is improving after being very ill



Embracing the arrogance

► The Arrogant Worms celebrate 20 years of making fun of music ► Check them out Saturday

BACKSTAGE PASS

JEN TRAPLIN
METRO OTTAWA



Canadian comedy trio The Arrogant Worms have been writing and performing parody songs that spoof just about every musical genre you can think of for the last 20 years.

"Anything that's overwrought or over the top is

a pretty easy target," admits Arrogant Worms front man Trevor Strong. "We've done everything: parody country songs, pop songs, rock. We'll do whatever we can."

It is a serious feat for any band to make it 20 years, let alone a parody band like The Arrogant Worms. But, Strong says there's no secret to the group's longevity.

"A lot of acts stop, not because they aren't getting work but because they can't work together anymore so we've avoided that," he explains.

Show

Where can you find them?

► On the scene Don't miss The Arrogant Worms on Saturday, November 26 at 8 p.m. at Centrepointe Theatre (101 Centrepointe Dr.). Tickets are \$40 through the Centrepointe Theatre Box Office.

Strong also believes the fact that the Worms are independent has helped them survive as long as

they have because no one is putting any pressure on the group to tour or release new material, meaning they can move at their own pace.

Videos of The Arrogant Worms have amassed millions of hits on YouTube.

"And that had nothing to do with us trying to do that," the front man says with a laugh.

Some of the Worms' songs include The Last Saskatchewan Pirate, Carrot Juice is Murder, Me Like Hockey, Proud to Be Canadian and I Am Not American.

One of their most popular songs is We Are the Beaver, a topical subject these days with all that talk of changing Canada's national animal from the beaver to the polar bear.

When it comes to that argument, Strong and the rest of the Worms clearly support the beaver.

"I could see moose. Or maybe the cougar or the bobcat, that's pretty cool," he says.

"But the polar bear just seems like we need the animal that can beat up the national animals of other countries."

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Judge extends restraining order against Gomez stalker

A civil judge has extended a temporary restraining order but refused to issue Selena Gomez a lengthier order against a man accused of stalking the singer-actress.

Superior Court Judge William Stewart says he will not grant a three-year restraining order while Thomas Brodnicki remains on a psychiatric hold unless he has assurances Brodnicki had an opportunity to be represented at a hearing.

Stewart on Wednesday extended a temporary order requiring the 46-year-old man to stay 100 yards away from the Wizards of Waverly Place star until a Jan. 6 hearing.

Another judge recently dropped a felony stalking charge against Brodnicki after determining prosecutors hadn't proven he had caused fear in the star.

Gomez's attorney Blair Berk argued that the civil order was the only court protection for the star.

THE ASSOCIATED PRESS



► Selena Gomez

Sting and Gill's shirtless affair

► CMT Crossroads special has rock and country stars pair up for a collection of their hits

If you ever see Vince Gill shirtless at one of his concerts, you can likely place the blame on Sting.

Bare-chested singing is a regular affair for the rocker, and when Gill was asked if he'd go shirtless for the pair's CMT Crossroads special, Sting chimed in: "He will tonight. I'm going to encourage him."

"What a thought. You know I haven't eaten in six weeks preparing for this gig because of this yardstick over here," said Gill, looking at Sting before laughing: "Going to look like Laurel and Hardy up there."

"I've never been described as a yardstick. Is that a compliment?" asked Sting, joining in the laughter.

The good vibes between the two translate onstage during the special, which will air tonight at 8 p.m. and was pre-taped in September.

The rock and country veterans had worked together once before, at the 2004 Grammy Awards in tribute to the Beatles. Both said linking up musically was easy because they have "similar registers."

"That's always appealing — to find guys with guts enough to sing like girls,"



► Sting and Vince Gill's CMT Crossroads special airs tonight at 8 p.m.

said Gill, laughing again. The Crossroads series has featured collaborations from James Taylor and the Dixie Chicks to John Mayer and Keith Urban.

This one-hour concert will have Gill and Sting performing hits like Shape of My Heart, Every Breath You Take and Don't Let Our Love Start Slippin' Away.

Gill knew it would be tough to cover Sting's material, and he told the rock singer he'd need him to

step in during some moments.

"I'm meat and potatoes, you know, but once I went in there and spent the time, I started to understand how it all worked," he said.

"There's like a couple lines that I've tried to learn and I just said, 'Sting, you gotta sing these 'cause they're so off-the-hook great I don't want to screw them up.'"

They also said their temporary duo was drama-free.

Cover challenge

The singers say the collaboration was a comfortable one, but they admit there were some challenges when it came to covering the other's songs

► "When you immerse yourself in somebody else's work and the more you get to know the song, you recognize these little inflections in the melody, which you hadn't noticed the first time," Sting said. "It demands a lot of respect, a lot of care and attention."

"We haven't had a fight yet. Not one," said Sting.

Gill chimed in with a laugh: "If we get into a

fight, I'll choke you with heel dust (and) run away. I'm not much of a fighter."

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The Shame of NC-17

► Release of Shame reignites debate over racy rating

The NC-17 rated *Shame* poses an intriguing test for the much-lamented rating and stands a chance of being one of the most notable adults-only releases since *Last Tango in Paris* or *Midnight Cowboy*.

When Steve McQueen's film about a sex addict (Michael Fassbender) arrives in theatres Dec. 5, it will have already found enthusiastic debate at film festivals, largely laudatory reviews and a significant presence in the Oscar race, where Fassbender is considered a top contender for a best actor nomination.

Though most films tagged by the Motion Pictures Association of America with an NC-17 rating either protest the decision or edit down to an R-rating, Fox Searchlight (which acquired *Shame* at the Toronto Film Festival) has accepted the NC-17 as fair.

"We're releasing it not because of (the rating), but perhaps in spite of it," says Stephen Gilula, co-president of Fox Searchlight. "We just think it's a film that deserves to be seen."

An NC-17 rating still poses challenges for *Shame* and Fox Searchlight, but some believe the stigma of the rating may be fading.

The rating, which restricts anyone under the

age of 18 from attending a movie, was created in 1990 after the X rating (which the MPAA had failed to trademark) was co-opted by the pornography industry. Since then, the most successful NC-17 film at the box office has been 1995's *Showgirls*, which earned \$20.4 million and a great deal of scorn from critics.

On the whole, the rating has been taken by smaller, art-house films. Recent NC-17 releases have included Bernardo Bertolucci's *The Dreamers* (2004, Fox Searchlight), Ang Lee's *Lust, Caution* (2007, Focus Features) and Pedro Almodovar's *Bad Education* (2004, Sony Pictures Classics).

Many more movies have received the rating and avoided it by recutting, reportedly including *Pulp Fiction*, *Boys Don't Cry*, *American Pie* and *Basic Instinct*. Last year's *Blue Valentine* had its rating overturned after an appeal. Some films simply choose to instead go "unrated" rather than accept the NC-17.

"(*Shame*) is potentially an important step in the legitimate use of the NC-17," says John Fithian, president of the National Association of Theatre Owners.

"There just aren't very

Ratings

'death kiss'

Joan Graves, head of the movie ratings system for the MPAA, says the MPAA applies the NC-17 rating "much more often than it's accepted." "I've always considered it a shame that for some reason some people consider it (a death sentence), and I blame the media in a way because they always act like it's gotten the kiss of death," says Graves. "But there isn't one of our ratings that means a film is good or bad."

- Cinemark, one of the largest movie theatre chains in the U.S., refuses to screen NC-17 rated films.
- Wal-Mart won't stock NC-17 rated DVDs.

many movies released in the NC-17 rating anymore. Filmmakers and movie studios are inappropriately afraid of the rating."

Fithian says his association hopes to "eradicate the stigma" of NC-17, which he disputes. He calls the assertion that NC-17 films are limited in their



► Michael Fassbender is getting best actor Oscar buzz for his role as a sex addict in *Shame*.

advertising a myth.

Advertising a NC-17 film on television is limited to certain hours. Most newspapers will accept ads for a NC-17 film as long as they're tasteful.

"What we currently have is a system that's slightly flawed in the reluctance of filmmakers and distributors to use the NC-17," Fithian says.

"What they'll do is cut and trim and try to cram a movie into the R rating category so that it escapes the NC-17, and that's not a legitimate use of the system. We end up with a very broad R category."

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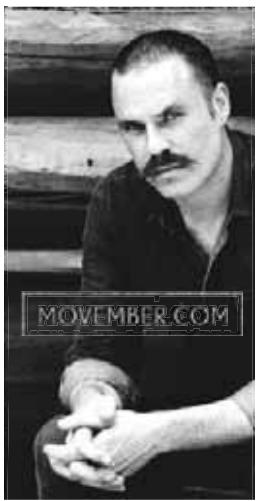
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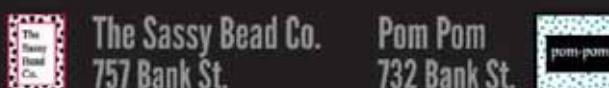
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McAvoy gets in the holiday spirit

► James McAvoy lends his voice for the role of Santa's son in *Arthur Christmas* ► Talks about the essential ingredient for a Christmas movie (it isn't cheer)



STEVE GOW

SCENE@METRONEWS.CA

Having lent his voice to the upcoming movie *Arthur Christmas*, James McAvoy has some insight on the key ingredient for making cinematic holiday classics.

"That key ingredient is the threat that Christmas might not happen," said the *X-Men: First Class* star recently in a phone interview.

"It's an incredible thing — that all the kids in one night in the world get a gift by one guy."

"That myth is so hard to protect and that's what makes it so epic to do it as a movie."

That's precisely what happens in *Arthur Christmas* — an animated feature in which McAvoy voices the meek son of Santa who sets out to deliver presents to one poor child who was mistakenly overlooked by Old St. Nick.

"It's very easy for these films to be generic and also to be just a little bit formulaic," said McAvoy of holiday movies.

"(But) this film is an Aardman film."

"They make *Wallace & Gromit*, *Chicken Run* and they've made *Flushed Away* and all that. And

McAvoy on voicing

► "It's a lot less hard work I think than making normal movies. Someone else is animating for 2 or 3 years and not sleeping very much and sweating blood," said McAvoy. "(Actors) come in (and) after two hours we go away and they start breaking their backs again."

what their movies have always had is exquisite detail as well as a fantastic sense of humour and real heart."

There was certainly no shortage of detail in *Arthur Christmas*.

Featuring an army of Santa's little helpers, the filmmakers reportedly created a few hundred thousand elf characters — even though McAvoy acknowledges moviegoers will hardly notice them all.

"The fact is, you don't appreciate how many elves there are and how many different elves there are and they've all got personalities," explained McAvoy.

"(But) that just adds to the overall thing I think and richness and integrity.

"But at the end of the

► "(It's) really, really rewarding and very good fun," said McAvoy. "There's nothing better than satisfaction in an audience but when that audience is a bunch of kids, it's even more special."

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day, it's really just a good fun movie with a real solid Christmas heart to it backed up by all that detail."

HANDOUT

What Simon says

► Simon Curtis talks about directing his first feature film ► *My Week With Marilyn* is getting lots of critic love

NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN HOLLYWOOD

Calling Simon Curtis a first-time director isn't exactly accurate, as the British filmmaker has been directing and producing — and winning awards for — work for television for 20 years. But yes, *My Week With Marilyn* is technically his first feature film. The film fol



► Simon Curtis says casting Michelle Williams as Marilyn Monroe 'was just a hunch.'

to her parts — and I really like her. It was just a hunch.

It's also fascinating to have Sir Lawrence Olivier as the villain, in a sense.

I think he's definitely flawed, but I hope one ends up with sympathy for him. I didn't think of him in the sense of an antagonist, I just wish he'd done a better job supporting Marilyn. Even though she would drive anyone crazy in terms of lateness and all that, his job was to support her.

The film deals a lot with the misconceptions about Marilyn and her intelligence level that still persist today.

Her hunger to be taken seriously as an actress — her hunger to be taken seriously, full stop — was obviously a huge driving force at this time in her life. And I love the audience when Olivier says, "Well, can't you just be sexy?" There's an audible groan. People totally get the scale of that mistake. And I do hope that people come out sympathizing with her.

Had you considered casting your wife, Elizabeth McGovern, as Vivien Leigh?

Well, she was making *Downton Abbey* so she wasn't really available. But let's put it this way, I know a lot about an actress, a beautiful woman, who is

made to feel like her moment has passed now that she's in her 40s. I love that element of Vivien Leigh and think there should be that sense that should Marilyn have lived to 43, maybe she would've felt the same.

How is it as a "first-time director"?

Well, this is very different. It taught me that when you choose a film as a director you better be damn sure it's going to be something you can feel passionate about. Because you're going to be in a lot of test screenings and you're going to be under a lot of scrutiny. And I've been on the journey with Harvey Weinstein, and his passion for the film has been second-to-none, do you know what I mean?

We're heading into awards season, of course. Do you process that at all, the early chatter?

Well, I certainly pay attention. I don't read it all because it would give me a nervous breakdown, but obviously this is a big year for films, isn't it? Much bigger than last year. Certainly with Michelle, it has been very exciting on the road with this film. People are genuinely excited to see this great American actress take on this great American icon and deliver. They feel excited about that.



► James McAvoy says the key ingredient to a Christmas movie is the threat that Christmas might not happen.

FILM SHORTLISTED TORONTO WAR MOVIE UP FOR AN OSCAR

A Canadian film about the harrowing experiences of war correspondents has made a short list of 15 documentaries in the running for an Oscar.

Under Fire: Journalists in Combat traces the psychological and emotional toll faced by eight war correspondents and photographers from major news organizations, including the Toronto Star.

It's written and directed by Toronto's Martyn Burke, whose extensive credits range from writing the 1984 comedy Top Secret to directing and producing the documentary Idi Amin: My People Love Me.

The doc faces off



against heavyweights including Wim Wenders' 3D dance film Pina, the Sundance winner Buck, and Oscar-winner James Marsh's Man on Wire follow-up, Project Nim. The shortlist will be whittled down to five nominees.

Nominations for the 84th Academy Awards will be announced Jan. 24. The awards ceremony is on Feb. 26.

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Pick a must-read from CBC's Canada Reads

► Panelists will debate book choices on CBC Radio ► Also on live stream

Actor Alan Thicke and Dragons' Den investor Arlene Dickinson are among the panelists lined up for the CBC non-fiction book debate Canada Reads: True Stories 2012.

The public broadcaster says Thicke will defend the hockey book The Game by Ken Dryden (Wiley Canada) and Dickinson plans to push for Marina Nemat's memoir Prisoner of Tehran.

Meanwhile, Juno Award-winning rapper Shad is backing the memoir Something Fierce by Carmen Aguirre.

Supermodel Stacey McKenzie will argue for On a Cold Road by Dave Bidini.

And Anne-France Gold-

water, star of Quebec's reality-TV courtroom show l'Arbitre, has chosen The Tiger by John Vaillant.

The panelists will debate the books live on CBC Radio from Feb. 6-9 to determine Canada's must-read non-fiction title for 2012.

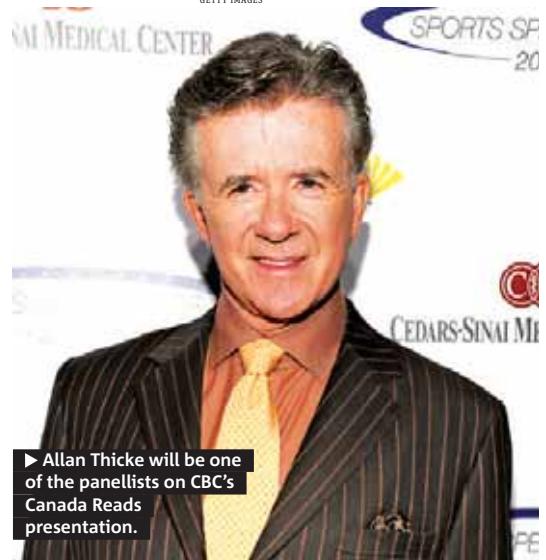
The shows will also be live-streamed on CBC Books and air daily on CBC's documentary channel, with recap specials the following weekend on CBC-TV and CBC Radio One.

This is the first time Canada Reads has featured non-fiction titles.

Last year The Best Laid Plans by Terry Fallis won Canada Reads.

THE CANADIAN PRESS

GETTY IMAGES



► Allan Thicke will be one of the panelists on CBC's Canada Reads presentation.

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Ashton, Demi still on speaking terms

► **Divorcing couple met recently at 'Kabbalah House'**

While Demi Moore may have filed for divorce from Ashton Kutcher, she's apparently not done talking to him, as the pair reportedly met at the Beverly Hills home of a friend the weekend after her divorce announcement, according to Us Weekly.

"It's affiliated with Kabbalah, and some of the people who go there refer

to it as the 'Kabbalah House,'" a source says of their meeting place, where the couple are said to have previously visited for Kabbalah-themed marriage counselling. Kutcher and Moore arrived separately but were seen leaving at the same time.

"They seemed very sombre," the source says. But apparently Moore

has been anything but sombre since deciding to ditch Kutcher, even reportedly appearing chipper and cheerful at a nail salon the morning of the divorce announcement.

"Demi's been telling friends that it gets easier every day," a source says. "She's very optimistic."

• METRO

Spears loves chocolate; all kinds of chocolate

As Britney Spears continues her current globe-trotting concert tour, the hectic schedule is definitely taking its toll, she says.

"Trying to get up and go work out in the morning (is hard). I haven't worked out in, like, two weeks," she admits to Stylist.

"Sometimes it's hard to be motivated. But once you get up and do it you feel like you've conquered the world."

And when she needs a pick-me-up, the answer is "definitely chocolate," Spears says.

"I love Skors, with the caramel in the middle, and every once in awhile if



► Britney Spears

I'm really hungry then a Snickers bar is good. And M&M's are great, Hershey's Whoppers are

great, Raisinettes. Twixes are great, too. And the new Hershey's Cookies & Cream."

• METRO

Celebrity tweets



Happy Holidays from my family to yours! Hope you all have a festive season filled w/ joy and cheer!



@GwynethPaltrow

On my way to Beijing for the first time. Any recommendations for food, sights, traditional medicine, etc.?



@juliannemoore

I don't know about u but I think Herman Cain's use of the word "ain't" is enough to disqualify him from the presidency.



@AlbertBrooks

Rumor: When Titanic is released in 3-D the ship will not sink.



► Olivia Wilde

The 'bad girl' belongs to Brad

Angelina Jolie has changed a lot from her wilder younger days, but she insists there's some of that still in there.

"I'm still a bad girl. I still have that inside of me," she tells 60 Minutes in an interview.

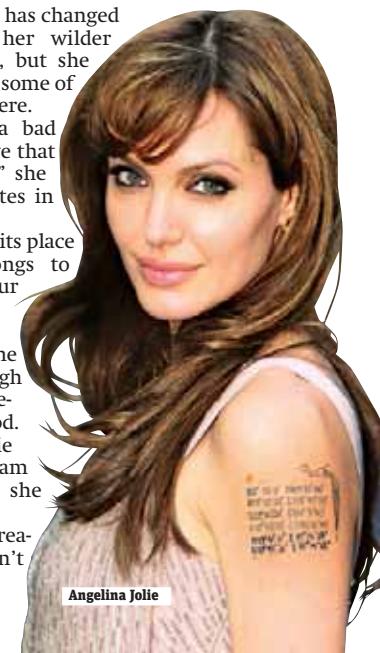
"It's just in its place now. It belongs to Brad — or our adventures."

Jolie is just happy she made it through her more rebellious period.

"I didn't die young, so I am very lucky," she says.

"For many reasons, I shouldn't be here."

• METRO



Angelina Jolie

Olivia Wilde getting close to Jake Gyllenhaal?

Olivia Wilde and Jake Gyllenhaal are turning heads after getting cosy during a dinner in New York this week, according to Page Six.

Wilde and Gyllenhaal hit up Chinatown Brasserie with a group of friends but reportedly only had eyes for each other.

"They were in a group but were very cosy, with their chairs pulled close together," a source says.

The two were last spotted together hitting up L.A.'s Chateau Marmont in June, but their reps insisted they were just friends at the time.

• METRO

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► This Victoria's Secret bombshell gets in shape with maca powder, bee pollen and sun warrior protein ► We discuss



GETTY IMAGES

Miranda Kerr's thong song

TINA CHADHA
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

For the first time in her five years of walking down the runway as a Victoria's Secret Angel, the Australian bombshell Miranda Kerr had the honour of wearing the \$2.5 million Fantasy Treasure Bra. And that's just months after giving birth to her first baby with husband, Orlando Bloom. We ask her the question every woman wants to know.

Besides the \$2 million bra, what's the biggest difference between walking in a high fashion catwalk show such as, say, Balenciaga versus Victoria's Secret?

The great thing with Victoria's Secret is they really encourage us girls to interact with the audience and show a bit of personality, so it's a totally different thing for sure, but both of them are good in their own right. The Victoria's Secret show is quite a theatrical performance. I love to be in the



“[Generally the] first step would be to blow dry then apply a volume lotion in your hair. Once we blow dry all that through we spray in [Orlando Pita] Elevate Texture Spray. Then we do the curling iron set. Then we send the girls to makeup, after they're done we brush it all out.”

HAIR GURU ORLANDO PITA ON HOW TO NAIL THOSE BIG VS CURLS

moment and feel the music.

You lost the baby weight ridiculously fast. Can you give us a breakdown of your daily diet?

Everyday is different but I like to start the day with a fresh green juice with kale, spinach, cucumber, beets and lemon. Then half an hour later, I have a power smoothie, which has sun warrior protein powder, chia seeds, maca powder, raw cacao, bee pollen, goji berries, noni juice, vitaminoil green and coconut water. Then an hour after that I'll have oatmeal or eggs. That's my three-course power breakfast. For lunch I might have some grilled fish with goat cheese or baby spinach salad and olives. Sometimes I'll have a sweet potato. At dinner, I'll have a lentil soup and maybe some chicken. And I love to have my salads with avocado, feta and spinach.

It sounds like a lot of careful maintenance. What does your workout regimen look like?

I've been practicing yoga for over 12 years. And after I had the baby I started doing Pilates. That was really helpful. But three weeks leading up to the

VS show, I start working out five times a week using a resistance band and leg weights.

Is the Fantasy bra heavy?
No it's not so heavy but my wings are really heavy.
Where does one go after you've modeled the \$2.5 million bra? What do the next five years look like for

you?

I really want to expand my organic skin-care line all over the world. I created a line that I personally wanted — it's a certified organic range — but couldn't find. Kora organics has been my passion and my idea. I invested the money behind the product. I blog [on the site] once a week.

Backstage talk

How the angels whip their skin and bodies into shape



Adriana Lima

“I think working out makes your skin glow. It's a natural detox. I also drink a lot of water and coconut water. For makeup, I use lots of black mascara, lip gloss and that's it.”

Joan Smalls

“Every day, I wash my face with something that contains salicylic acid and then I continue with an advanced night repair. I put it on in the morning and I mix it with Estée Lauder DayWear cream, it has SPF 15. It's important to protect your skin in the morning.”

3
life

A stylish story



Popular show turns a page

From TV screens to glossy magazines, the world's longest-running fashion series, Fashion Television, extended its iconic brand on Tuesday with the launch of a semi-annual magazine. Featuring fashion royalty Grace Kelly on the cover, Fashion Television Magazine offers its readers a unique video/print hybrid — a multimedia experience with a chance to see each print story come to life with a companion video available on fashion-television.com.

● METRO



Lady Gaga opens Gaga's Workshop at Barney's department store in New York

Colour-popping coats

► This season, the chintzy Christmas lights needn't be the only beacons of brightness ► Get noticed!



1



2



3



4



5

If the dark days of winter aren't depressing enough, we choose to garb ourselves in outerwear that wouldn't look out of place on a Victorian funeral march. Why don't we stop mourning for summer and sling on something bold and bright all year long. After all, it's not that risqué, seeing as most men won't hesitate come June to pull on some outlandish Hawaiian-print shirt.

1 BURBERRY PRORSUM AW'11

The British heritage brand leads the colour revolution with an old school duffel.

2 E.TAUTZ PEACOAT

Yep, we're all familiar with the peacoat. But this lurid, mustard yellow number is the military classic on acid. \$1,555, mrporter.com

3 ZARA DOUBLE BREASTED COAT

The '70s are still hot this season, making this a must-have winter warmer. \$249, zara.com

4 UNIQLO PREMIUM DOWN ULTRA LIGHT JACKET

The quilted coat was once the staple purchase of practical parents for their tearaway toddlers. Thankfully, it's been reworked into a svelte, light-weight looker. \$80, uniqlo.com

5 TOPMAN ELECTRIC BLUE PEACOAT

Get ready to rock right down electric (blue) avenue in Topman's peacoat. And no it's not style over substance as this one comes with extra snug padding — perfect for a sub-zero season. \$170, topman.com

● RICHARD PECKETT

Men's grooming

Tidy that 'stache

The Movember grow-off is well underway, which probably means your tache is in a right old tangie. But fear not, as this little Kent comb will have your whiskers preened and perfect in no time at all.

● RICHARD PECKETT

MOVEMBER COMB

\$11, kentbrushes.com



RECYCLE FROG

ADVERTISING FEATURE

(613) 695-1236

Selling old gold and silver jewelry? The bad. The ugly. The good.

Skyrocketing gold and silver prices has many consumers wondering how much their old or broken gold jewelry is worth.

The question you should be asking yourself is: where do you go to ensure you receive a fair offer? There are plenty of options but which ones pass the common sense test?

Option #1: New companies. Inflated promises. False advertising.

Anyone can post really high payout prices. There are no laws to protect unsuspecting consumers from misleading ads that promise to pay outrageous and unrealistic prices.

They use them to lure people in, then adjust weights, inaccurately evaluate material (eg. say something is 10kt when it's actually 14kt). The bottom line, people end up with less money in their pocket, not more.

Option #2: Mail away your gold. Hope for the best.

Most consumers feel uneasy about mailing their jewellery to one of the many flashy "Cash for Gold" type companies seen



Option #3: Recycle Frog, you be the judge.

Recycle Frog is an Ottawa-based precious metals recycling company that has built its business by serving today's more prudent middle and upper-middle-class consumer. Comprised primarily of ex-Royal Canadian Mint employees, Recycle Frog's payout rates are published, and consistently rank among the highest in the industry.

One-on-one evaluations are conducted at their many convenient public events or are pre-scheduled at their World Exchange Plaza location. They're a trusted fundraising partner to various charitable organizations including the United Way, CHEO, Christmas Exchange and The Canadian Cancer Society.

Get a competitive, haggle-free offer for your old gold and silver by simply calling Recycle Frog at 613-695-1236 or visit their website at www.recyclefrog.com for more information.

on TV. The truth is, several of these companies have received harsh criticism from consumer advocacy groups because of their notoriously shady sales tactics and low payouts.

So, if those ads featuring cash waving "customers" send a chill down your spine, it's for good reason.



We're getting ready to open Canada's largest IKEA store. The new IKEA Ottawa opens Dec. 7th.

Visit IKEA.ca/Ottawa for weekly deals.



Of a dress that impressed

► InStyle fashion director Hal Rubenstein takes a look back at 100 of the most memorable gowns of our time

Some dresses you remember: Michelle Obama's inaugural gown, Coco Chanel's little black dress, Cher's Oscar getups. They make an impression on the collective culture beyond a fleeting fashion trend.

InStyle fashion director Hal Rubenstein has counted down his favourites in a new book called 100 Unforgettable Dresses.

"Dresses are important for different reasons, but how they are unified is that they are not all simply about fashion. They hit us emotionally, psychologically or affect how we perceive beauty," he says.

A great dress also can jump-start a career, he says, and that's not just limited to fashion. Mrs. Obama's white, one-shoulder

dered gown for the inaugural balls literally made Jason Wu a household name overnight, but stars as diverse as Phyllis Diller and Elizabeth Hurley parlayed a splash of style into celebrity.

Hurley in Gianni Versace's safety-pin gown in 1994 for the premiere of Four Weddings and a Funeral

is the first dress featured in the book — which is "not quite" random order, Rubenstein says.

"The Versace safety-pin dress is the greatest example of the power of clothing. It made a woman famous overnight. Elizabeth Hurley was a pretty girl on Hugh Grant's arm who no one knew. The next day it was, 'Who's



► Actress Cate Blanchett at a Vanity Fair post-Oscar party.



► Marilyn Monroe's Happy Birthday, Mr. President dress.



► Elizabeth Hurley, wearing a dress designed by Gianni Versace.

ty, he says. They show a deep understanding of fashion without ever seeming burdened by it, he describes.

Not all their outfits were showstoppers, but there rarely have been missteps — at least not missteps for the signature look they carved for themselves.

Blanchett is one of the few people who could have pulled off Alexander McQueen's Where Eagles Fly gown, worn to the Oscars just weeks after the designer's suicide in 2010, Rubenstein says. On her, the dramatic embellishment was a complement to her persona as someone who makes strong choices. On someone else, it might have overshadowed the person wearing it.

THE ASSOCIATED PRESS

that girl?"
Modern A-listers Sarah Jessica Parker and Cate

Blanchett join the late style icons Audrey Hepburn, Jacqueline Kennedy

and Grace Kelly as women who successfully made fashion part of their identi-

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In this hectic modern world, Twitter has become a cool and succinct way of communicating. It allows me to be accessible, instantly speak my mind, and connects me with all kinds of people. Whether it's a fashion question, or you just want to comment on life's bigger picture, I'd love to hear from you.



@Jeanne_Beker:
So many fab responses to my talk @GuelphHumber today.
Thank you all for LISTENING! Now how do YOU plan on making a
mark in the world?



► @Jeanne_Beker: With
Morgan Dumas in IZ Adaptive
Clothing coat by designer Izzy
Camilleri. Democratizing fashion!

► @mayibecandid : Funny you should ask. Just submitted my 1st column, on Canadian fashion, to a European mag today! That's my mark for now.

► @Jeanne_Beker: Wow!!! Good for you! And good luck with it! Very impressive....

► @RoyFullerPhotog: been contemplating how to make my mark for years, decided to grow my holdings and leave them to charity. Starting small now.

► @Jeanne_Beker: What a beautiful thing to work towards!

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Get ready to shop

► You don't have to drive south of the border to get Black Friday discounts



HEATHER
BUCHAN
LIFE@METRONEWS.CA

Tomorrow marks Black Friday — the biggest sales event of the year in the United States — with retailers slashing prices on virtually everything. Held the day after American Thanksgiving (this year, it falls on Nov. 25), it traditionally marks the kick-off to the holiday shopping season.

In the past, many Canadians flocked to their closest border crossing in order to take advantage of the U.S. deals, but rather than packing up the car, making the road trip south and waiting in lineups for hours, more and more Canadians will be journeying online for cross-border shopping deals this year.

According to a recent Ipsos Reid survey conducted on behalf of Visa Canada, 34 per cent of Canadian online shoppers plan to



Cyber Monday — the online cousin to Black Friday — takes place on the Monday following the U.S. Thanksgiving weekend and features a number of discounts on shopping websites.

Resources

Some helpful sites to help you navigate Black Friday:

- blackfriday.info: The official site for all the 2011 Black Friday ads.
- BlackFriday.FM: You can sign up for email updates and check out sales from your favourite stores.
- TGIBlackFriday.com: Offers one-click filters to see what popular deals are available online.
- redflagdeals.com: Canada's largest bargain hunting website has an entire section devoted to Black Friday deals.

shop online at American retailers this Black Friday. This is an increase of six per cent from last year.

"Over the past few years we have seen a steady increase in the number of Canadians who look for deals south of the border on Black Friday," says Stephanie Wallat, business leader for e-commerce with Visa Canada. As a result, many U.S. retailers seem to be taking notice of the Canadian interest and have extended their shipping to Canada and abroad.

In a bid to keep Canadians from cross-border shopping this weekend, some Canadian retailers are ramping up sales of their own. Toys R Us Canada announced that it's holding a half-price event this weekend. And The Bay, Zellers and Home Outfitters, Future Shop and Best Buy will also be offering special sales events this weekend.

Shopping tips

Make the most of Black Friday by following these savvy shopping tips:

- Do your research before shopping. Go to a retailer's site early, pick out everything you want, do price comparisons and add items you want to your shopping cart.
- Find out the full cost of the item you want. Borderlinx (borderlinx.com/visa/ca) provides a calculator that estimates the entire cost of a purchase, including currency conversion, taxes, duties and shipping.
- Canadian duties on apparel are much higher than on electronics. That could eat into some of your cross-border savings.
- How do you know if you're really getting a great deal? Experts say that if the item you want isn't 40 to 50 per cent off, leave it behind.



ADMITTING YOU WANT TO WIN PRIZES & GET GREAT DISCOUNTS IS THE FIRST STEP.

REGISTER AT CLUBMETRO.COM





► Passport rules, border waits and gas prices make staying in Canada more appealing to the Black Friday shopper.

Canadian retailers get in on the action

More Black Friday bargain hunting is beginning to happen in Canada, says an Ottawa-based marketing expert.

"Surveys across Canada show that this year, cross-border shopping is going to be down," said Brian Card, president of the Ottawa-based market research firm CRG consulting.

But that flies in the face of travel data from Statistics Canada showing same-day car trips to and from the U.S. by Canadians are at their highest level since 1998 at 7.2 million in the second quarter of 2011 and 7.1 million in the third.

BMO economist Robert Kavcic said the numbers correlate with the rise in value of the loonie versus the greenback.

He agrees with Card that Canadian retailers are beginning to hold their own Black Friday sales.

● JESSICA SMITH/SEAN MCKIBBON

What's allowed

► **Exemptions:** If you're gone for a day, you get \$50 worth of goods to bring back. If you're gone for 48 hours, you get \$400. A week? \$750.

► **If you're caught smuggling:** Border services can seize your goods, fine you up to 80 per cent of their worth and take your car — and you have to pay before you get any of it back. That's if you're not arrested. ● ELISHA DACEY

17%

of Canadians say they intend to head south of the border on Friday for America's biggest shopping day of the year.

Is it worth the drive?

Hordes of shoppers, including thousands of Canadians, are gearing up to spend their hard-earned money south of the border during America's largest shopping event of the year.

Black Friday enthusiast Danielle Graydon, who heads to Bellevue, Wash., every year, says

Hot items

According to Ipsos Reid, clothing and accessories will be the most popular purchases tomorrow, followed closely by books, movies and music.

Some of the



the event is a good place to finish Christmas shopping in one trip.

"Last year I got all my Christmas shopping done for \$350," she said. "At some stores you'll get discount on top of discount. The trip is worth it because you end up saving hundreds."

Graydon describes Canada's Boxing Day as a "pathetic" alternative to America's busiest shopping day. ● KENDRA WONG

steepest price cuts are on electronics, including televisions, computers, DVD players, music players, video game consoles and small appliances. Leave home furnishings purchases until Boxing Day sales.

● HEATHER BUCHAN

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Celebrate the season with flameless candles

► A safer and brighter idea for holiday entertaining ► Enhance your decor with these modern touches

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KARL LOHNEs
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The holidays are all about creating a magical mood in your home for entertaining: great music, special food and drink, and of course lots of candles to help set a festive mood.

I love to use candles everywhere around the house when having people over, but am also cautious about leaving them to burn on their own.

Flameless candles are a great option to real ones, and although you don't get some of the scents that are available with the real thing, the flicker and light that is cast would fool almost anyone.

Made of quality wax or plastic resin, the candle's inside houses an LED light that flickers and is shaped like a small flame.

The tops can have the look of dripping wax coming down the sides for a traditional look or a clean-edge look for a more modern esthetic.

There is a small switch on the bottom that controls the on/off of the LED light.

Flameless candles are made in all standard candle sizes, from tiny votives to large three-wick style pillar candles.

I like the white or off-white four-inch pillar size candles as they are most classic and will be neutral enough to use year round.

As there are no safety worries with flameless candles, I like to display in places that I would never dream of using real ones — lining them up the staircase, outside on the front porch (no worries of them blowing out on a cold windy night), on window ledges, within the Christmas tree or in guest rooms.

For a realistic candle look, place them in glass hurricanes and add some decorative touches around the base like cranberries, holly or small metallic or-



"As there are no safety worries with flameless candles, I like to display in places that I would never dream of using real ones — lining them up the staircase, outside on the front porch (no worries of them blowing out on a cold windy night), on window ledges, within the Christmas tree or in guest rooms."

naments.

You can also use a large

grouping to adorn an unused fireplace; fill the emp-



ty fireplace with birch logs, glass ornaments and a variety of flameless candle sizes.

Depending on the quality of batteries that come with the candles, the LED lights burn from 24 to 100 hours.

Flameless candles take a variety of batteries; triple A and watch battery styles are most popular — it's always smart to keep some extras on hand during the busy entertaining season.

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4/14
Artist's Rendering

D.I.Y. holiday centrepieces

► The goal: Pretty decorations that read cool and young, not old-fashioned and lame

 **KENYA HUNT**
LIFE@METRONEWS.CA
METRO WORLD NEWS IN NEW YORK

Entertaining at home has never been trendier thanks to a shoddy economy and increasingly fashionable foodie culture.

But a string of at-home holiday parties brings up the inevitable question of how to decorate, let alone what to serve.

Enter the holiday centrepiece, which has evolved beyond its Martha Stewart associations to a cooler, edgier place, surfacing in the homes of style-y types on interiors blogs.

Here are a few quick and painless steps to creating your own.



To the flower market you go

Skip the grocery store and those temptingly cheap holiday-themed plants. They may look like an easy way to give your place that extra yuletide oomph but they will actually send your place back to 1986. The selection of blooms at your nearest flower market will definitely look much better.



Go for variety

Choose full blooms in a Chrismukkah appropriate colour like candy apple red or wine to serve as the main attraction of your centrepiece. And then fill it out with foliage and snowberry branches, which will conjure up images of walking through a winter wonderland on your way to a log cabin.



Get a little unruly

The most modern-looking arrangements look kind of wild, as if you stole them from your neighbour's garden. Prep your flowers (cut the stems at a diagonal and remove leaves that fall below the water line) and cut them at varying lengths to correspond to your shape. Then insert into the vase at an angle, criss-crossing the stems.



Work in fruit

Go all Dutch masters on your guests by tossing a few pomegranates, oranges and red grapes in a wooden bowl and placing it next to your florals on the table. Or just casually leave the fruit on the tabletop itself, as if you dropped a few apples as you were cooking earlier, and they just happened to roll up next to the vase in an artful way.



Look beyond the table

In the same way that you'd string white lights all over the house, place your holiday flowers in places other than the table to achieve that full-on merry, merry look. A few suggested locations: next to the bathroom sink, on the fireplace mantel or on top of piles of magazines or books.



► You're probably reading the word "centrepiece" and thinking about plastic flowers stuck in green foam on a senior citizen's dining room table. Allow these to replace that image.

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SPECIAL INFORMATION FEATURE

The joy of brewing your own beer



Meet the Hatchses. After a visit to a friend's house they were astounded at the quality of his homemade beer, so when Meagan mentioned she wanted to take up home

brewing, Michael did what every good husband would — he applauded her new interest and vowed to support her however possible.

Given that the Hatchses live in a stylish 700-square-foot condo in the heart of the Byward Market, it is easy to imagine that challenges could arise, but as I

visited their home I saw an organized selection of ingredients — a carboy tucked away in the corner and a well hidden stash of ready-to-consume beers as the only evidence of small-scale brewing as everything fit rather nicely.

Starting with a basic brewers kit has led to

adding natural ingredients, researching a seemingly endless supply of online resources, patient trial and error, advice from fellow brewers and a journal full of detailed notes from every brew.

Meagan has used her refined palate and is now comfortable enough to improvise recipes. Thankfully, the popular couple entertains regularly and have several beer loving friends who eagerly help out by not only sampling and critiquing the beers, but often lending their names and misadventures to these brews.

In fact, their 23-litre batch, "Murphy's Irish

Gift of brew

► If you are looking to give someone the gift that keeps on giving, home brewing might fit the bill. Defalco's For Brewers & Wine Makers has three Ottawa stores and would be an ideal place to start.

Pout," a malty chocolate stout and tribute to a grumpy friend, was fermenting in the carboy when I arrived — pretty impressive work for only 14 months of home brewing.

They have found a hobby that is an extension of their love of cooking and

entertaining that continues to bring them joy.

Dirty Thirty/Hoppy Birthday (available exclusively at "Chez Hatch") was brewed in celebration of Michael's recent birthday and reveals a bright citrus hop nose. The liquid is a surprisingly clear, bright copper with crisp white foam cap. Tangy citrus hop flavours up front and a smooth caramel malt backing show off a really nice naturally carbonated and round mouth feel.

Delicious and refreshing. And at less than a buck a beer to produce exactly the beers you want — all I can say is bottoms up and down the Hatch.



JEFF O'REILLY/FOR METRO

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Enjoy family atmosphere at Daily Grind



**SAMANTHA
EVERTS
FOR METRO**

Tucked into a former sushi joint along Somerset Street, Ottawa has finally received what it sorely deserved: The Daily Grind, a family-friendly art café.

The longtime dream of Krissy and Mike White, an art teacher/caterer and audio engineer, they say they have been overwhelmed with the response so far.

Walking into the warmly-painted café, children play casually with in-house



► Daily Grind owners
Mike and Krissy White.

art packages or crawling over the church pews turned booths.

"I wanted a place where everyone felt at home. Sometimes you walk in

with kids and you feel like you're disrupting the atmosphere."

The Whites have in turn designed their menu to include family-sized portions of Krissy's unique Tex-Mex options.

"There's never been any sort of Tex-Mex here. The enchiladas are definitely the most popular," available with dairy-free cheese and lentils for any vegans, along with the usual spicy chicken or beef.

With ambitious menu ideas like ginger-basil steak

wraps, there is a twist to why you should plan your visit. Items on the menu are clearly marked gluten-free, dairy-free, or soy-free.

"The butterscotch squares go as soon as I put them out," says White, but adds she has been experi-

menting with sugar-free baking, too. Try the picante Mexican hot chocolate or house-pressed apple cider.

The café is planning to become a community centre of sort, says the couple, who will be opening an art boutique and darkroom.

The Daily Grind has been hosting craft events and will be offering other workshops. A liquor licence has also been applied for.

The Daily Grind is located at 601 Somerset St. W. For more, visit thethedailygrind.ca on the web.

Wine choices that are consistently available



**SUSAN
DESJARDINS
FOR METRO**

The LCBO Vintages releases provide a great opportunity to discover new wines and spirits, but they are gone once they are sold out because each vintage (wine speak: Production year) is low, coming from boutique-size wineries.

With the holiday season approaching, you may want to select wines for entertaining at home or for offering a host that you know are consistently available.

Pérez Cruz 'Réserve'
Cabernet Sauvignon
2009, Maipo Valley, Chile
(Vintages #694208, \$14.95)
► This dry, medium- to full-bodied, hand-harvest-



**IF I HAD
\$100 ...
TO SPEND
AT VINTAGES**

ed wine features complex aromas — cherry berry fruit, toasted oak, sweet spice and a whiff of herbs.

Willm 'Réserve' Riesling
2009, Alsace, France
(Vintages #11452, \$15.95)
► Dry, zesty and juicy, this medium-bodied, hand-harvested Riesling offers a bouquet of aromas.

Anselmi San Vincenzo
2010, Veneto, Italy
(Vintages #948158, \$16.95)
► Medium-bodied with a refreshing acidity, it has

appealing sweet fruit flavours.

Mitolo 'Jester' Shiraz
2009, McLaren Vale, Australia

(Vintages #659607, \$21.95)
► Deep, dark and loaded with blackberry and boysenberry jam flavours, this dry, full-bodied wine offers great depth of fruit.

Tommasi Ripasso Valpoli-
cella 'Classico Superiore'
2009, Valpolicella, Italy

(Vintages #910430, \$19.95)
► The aromas and flavours display added complexity, the core of black cherry and berry augmented with notes of sweet dried fruit. Spice, pepper and hints of cedar join the chorus.

Grand Total: \$89.75
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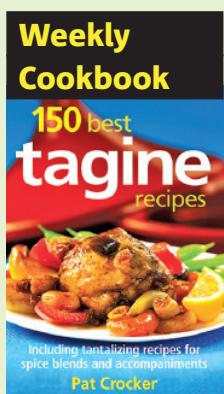
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150 Best Tagine Recipes (Robert Rose, 2011) by Pat Crocker offers a comprehensive history of traditional Moroccan tagine cooking, including a North African Flavour Footprint section that profiles 20 herbs and spices. Home cooks can bring Morocco into their kitchens with these tantalizing dishes: Cinnamon lamb tagine with apricots, minted lemon whitefish, fiery beef tagine, and more.

The magic of Morocco at home

► Bring the flavours of the Middle East to your kitchen with this easy tagine recipe for lamb

Moroccan cuisine is renowned for its delicate balance of sweet and spicy flavours.

Try this easy slow-cooker tagine recipe with some convenient grocery store items to help you during the week.

Preparation:

- 1 In large heavy frying pan, heat oil over medium-high heat. Sprinkle lamb with salt and pepper. Cook for 10 to 12 minutes, turning occasionally, or until browned.
- 2 Transfer lamb to slow cooker. Stir onions and garlic into frying pan, reduce heat to medium-low and cook for 4 to 6 minutes or until softened. Transfer onion mixture to slow cooker.
- 3 Stir carrots, broth and sauce into slow cooker. Cover slow cooker, turn heat to low and cook for 10 to 12 hours or until lamb is very tender when prodded with fork.

Ingredients:

- 2 tbsp (25 mL) canola oil
- 1 boneless lamb shoulder, about 1 1/4 lb (875 g)
- 1/2 tsp (2 mL) salt
- 1/2 tsp (2 mL) freshly ground black pepper
- 1 large white onion, halved and thinly sliced
- 2 cloves garlic, sliced
- 2 large carrots, peeled and cut diagonally in 1 1/2 inch (4 cm) long pieces
- 3 cups (750 mL) sodium-reduced chicken broth
- 1 bottle (350 mL) PC Memories of Morocco Sauce

Moroccan Lamb Tagine



► This recipe makes 6 servings.

- 4 Transfer carrots to a bowl; set aside. Remove lamb from slow cooker; using two forks, shred meat. Place lamb and carrots on a platter; drizzle with sauce. Serve with couscous and hot

buttered chickpeas, if desired.
Tip: Garnish with chopped dried fruit, such as apricots, figs or dates, if you like.

NEWS CANADA/PRESIDENT'S

NEWS CANADA

CHOICE/THIS RECIPE WAS ADAPTED FOR METRO BY EMILY RICHARDS, A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT HER WEBSITE EMILYRICHARDSCOOKS.CA.

大統華 T&T

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Burnbrae Farm Prestige Large Eggs 18s

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While Quantities Last
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Playoffs still a possibility

THE HOCKEY NEWS

MURRAY PAM
OTTAWA@METRONEWS.CA

An optimist would look at the standings yesterday and see their home-town Ottawa Senators, with one-quarter of the season in the books, sitting on the cusp of a playoff berth, just five points behind the conference-leading Pittsburgh Penguins. A pessimist would note the boys in black and red are three points out of 14th.

But no matter how full you see the glass, the facts speak for themselves: the Sens still have a legitimate chance at playing into April and May. What has to happen for this to occur? Here are five pivotal factors:

1. Better starts to games. They've been outscored 22-12 in opening periods, putting the club behind the 8-ball most nights. While they have tallied a league-best 31 third-period goals, they can't rely on that continuing the rest of the season.

2. Secondary scoring. The line of Jason Spezza, Colin Greening and Milan Michalek have accounted for 39 per cent of the club's goals and is carrying too much of the load. The second line has been hit-and-miss. Nick Foligno is contributing,



► Colin Greening celebrates with teammates after scoring against the Vancouver Canucks on Sunday.

but injuries to Peter Regin and Daniel Alfredsson exposed an issue of depth. While the captain has returned, he's still trying to find his game. Regin's replacement, Stephane Da Costa, has shown some offensive flair, but lacks consistency.

3. Special play from the special teams. What was formerly the No. 1-ranked PP has fallen to

seventh in recent weeks. Injuries to Alfredsson and Chris Neil, who has been a menace in front of opposing netminders, have hurt. At the other end, the penalty-kill must continue to improve. The team recently went through a stretch of not allowing an odd-man goal in six consecutive games, killing 22 straight minors.

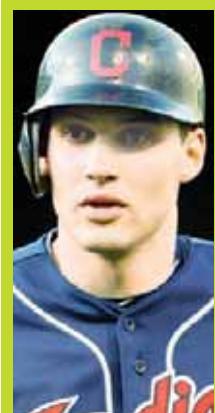
4. Shutdown hock-

ey. The defence has tightened up since the opening games of the season. Giveaways have been fewer. The offensively gifted Erik Karlsson, however, still needs to improve his play without the puck.

5. Puck-stopping. Goalie Craig Anderson has begun flashing the form that prompted the Sens to acquire him last season. That's a .582 winning percentage. So are you an optimist or a pessimist?

has a .948 save percentage in his past three games, hopefully reversing what had been a poor start to the season.

With 61 games remaining, the Senators need to secure 71 points to reach the 93-point plateau achieved by the eighth-placed Rangers last season. That's a .582 winning percentage. So are you an optimist or a pessimist?



"I wasn't ready to say goodbye and move on."

GRADY SIZEMORE, ON WHY HE DECIDED TO RE-SIGN WITH THE CLEVELAND INDIANS. THE INDIANS WILL PAY HIM A BASE SALARY OF \$5 MILLION NEXT SEASON. THE 29-YEAR-OLD CAN MAKE ANOTHER \$4 MILLION BASED ON PLATE APPEARANCES.

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NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Pittsburgh	21	12	6	1	2	65	50	27	7-1-0	5-5-0-2	5-4-0-1	W1
d-Toronto	22	12	8	1	1	70	70	26	6-3-1-1	6-5-0-0	4-5-0-1	W1
d-Florida	20	11	6	0	3	50	51	25	4-2-0-3	7-4-0-4	5-2-0-3	W2
Philadelphia	20	11	6	2	1	75	62	25	5-4-1-1	6-2-1-0	6-2-1-1	L2
Boston	19	12	7	0	0	65	39	24	8-5-0-0	4-2-0-4	9-1-0-0	W9
Buffalo	20	12	8	0	0	58	51	24	5-6-0-0	7-2-0-0	6-4-0-0	L1
NY Rangers	17	10	4	1	2	47	37	23	5-1-0-1	5-3-1-1	7-2-0-1	L1
Washington	19	11	7	0	1	62	59	23	7-1-0-1	4-6-0-4	4-5-0-1	W1
Ottawa	21	10	9	1	1	62	70	22	5-4-0-1	5-5-1-0	4-4-1-1	L1
New Jersey	19	10	8	0	1	52	54	21	4-3-0-1	6-5-0-0	6-4-0-0	L1
Montreal	21	9	9	1	2	53	50	21	4-5-1-2	5-4-0-0	5-3-1-1	L1
Tampa Bay	20	9	9	0	2	55	67	20	6-3-0-0	3-6-0-2	5-5-0-0	L2
Winnipeg	20	8	9	2	1	58	65	19	5-3-0-4	3-6-2-3	5-3-2-0	W3
Carolina	22	8	11	2	1	53	72	19	5-5-0-1	3-6-2-0	3-7-0-0	W2
NY Islanders	18	5	10	2	1	35	61	13	5-5-1-0	0-5-1-1	2-6-2-0	W2

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Minnesota	20	12	5	2	1	47	40	27	7-2-1-0	5-3-1-1	9-1-0-0	W4
d-Chicago	21	12	6	1	2	71	67	27	7-1-0-2	5-5-1-0	5-4-1-0	L2
d-San Jose	18	12	5	1	0	57	43	25	5-3-1-0	7-2-0-0	7-2-1-0	W3
Los Angeles	21	11	7	1	2	52	50	25	6-5-0-1	5-2-1-1	5-4-0-1	W1
Nashville	20	10	6	3	1	55	54	24	4-3-2-1	6-3-1-0	5-2-3-0	L2
Dallas	20	21	8	0	0	53	55	24	7-3-0-0	5-5-0-0	5-5-0-0	W1
Edmonton	21	11	8	0	2	51	54	21	6-2-0-1	5-6-0-1	4-6-0-0	W1
Detroit	19	11	7	1	0	53	43	23	7-2-1-0	4-5-0-4	6-3-1-0	W2
Phoenix	19	10	6	1	2	54	49	23	5-3-1-1	5-3-1-0	6-3-1-0	L1
St. Louis	20	10	8	0	2	50	46	22	7-2-0-1	3-6-0-1	5-3-0-2	W1
Vancouver	20	10	9	0	1	58	57	21	5-3-0-1	5-6-0-4	6-4-0-0	W1
Colorado	21	9	11	0	56	65	19	3-7-0-4	6-4-0-4	2-7-1-0	L1	
Calgary	19	8	10	1	0	42	51	17	4-5-1-0	4-5-0-4	4-6-0-0	L1
Anaheim	20	6	10	1	3	41	62	16	4-6-0-0	2-4-1-3	1-6-1-2	L4
Columbus	20	5	13	0	2	47	70	12	4-6-0-1	1-7-0-1	4-5-0-1	W2

d = division leaders ranked 1-2 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results

Boston at Buffalo
Columbus at New Jersey
Philadelphia at N.Y. Islanders

St. Louis at Pittsburgh
Winnipeg at Washington

Montreal at Carolina
Calgary at Detroit

N.Y. Rangers at Florida

Nashville at Minnesota

Los Angeles at Dallas

Vancouver at Colorado

Anaheim at Phoenix

Chicago at San Jose

Tuesday's results

Toronto 7 Tampa Bay 1
Edmonton 6 Nashville 2
Los Angeles 3 St. Louis 2
Tomorrow's games
All times Eastern
Detroit at Boston, 1 p.m.
New Jersey at N.Y. Islanders, 1 p.m.
Montreal at Philadelphia, 1 p.m.
Edmonton at Minnesota, 2 p.m.
N.Y. Rangers at Washington, 4 p.m.
Chicago at Anaheim, 4 p.m.
Ottawa at Pittsburgh, 7 p.m.
Winnipeg at Carolina, 7 p.m.
Buffalo at Columbus, 7 p.m.
Tampa Bay at Florida, 7:30 p.m.
Calgary at St. Louis, 8 p.m.
Toronto at Dallas, 8:30 p.m.
Vancouver at Phoenix, 9 p.m.

TUESDAY

MAPLE LEAFS 7, LIGHTNING 1

First Period

1. Toronto, MacArthur 7 (Gardiner, T.Connolly) 0:41
2. Tampa Bay, Ecalaveria 9 (Stamkos, Malone) 7:38 (pp)
3. Toronto, T.Connolly 3 (Kulemin, Franson) 17:56 (pp)
4. Toronto, Bozak 3 (Kessel, T.Connolly) 19:22 (pp)
Penalties — Dupuis Tor (hooking) 1:50, Moreau LA (high-sticking) 5:37, Fraser LA, Nichol StL (fighting) 17:18, Clifford LA (hooking) 18:04.

Second Period

2. Los Angeles, Kopitar 10 (Richards) 7:36 (pp)
Penalties — Hunter LA (slashing) 3:00, Reaves STL (interference) 5:41, Pietrangelo STL (interference) 12:20, Porter STL (cross-checking) 16:59, Clifford LA (high-sticking) 19:01, Pietrangelo STL (slashing) 20:00.

Third Period

3. Los Angeles, Richards 9 (Loktionov) 4:41
4. St. Louis, Sobotka 2 (D'Agostini, Russell) 12:28
5. Los Angeles, Mitchell 1 (Gagne, Williams) 14:11
Penalties — Sobotka STL (roughing) 5:11, Gagne LA (hooking) 8:23, Doughty LA (cross-checking) 19:58.
Shots on goal

SCORING LEADERS

	G	A	PT
Kessel, Tor	16	14	30
Lupul, Tor	11	15	26
Giroux, Pha	11	15	26
Versteeg, Fla	11	14	25
Vanek, Buf	11	13	24
Kopitar, LA	10	14	24
D.Sedin, Vcr	6	18	24
Pominville, Buf	8	15	23
Smyth, Edm	11	11	22
Nugent-Hopkins, Edm	8	14	22
H.Sedin, Vcr	7	15	22

Last night's games not included

TUESDAY

OILERS 6, PREDATORS 2

First Period

1. Edmonton, Horcoff 5 (Nugent-Hopkins, Hall) 9:31 (pp)
2. Edmonton, Hemsky 2 (Smyth, Eberle) 11:32 (pp)
3. Edmonton, Eberle 6 (Hall, Nugent-Hopkins) 15:51
Penalties — C.Smith Nash (hooking) 9:09, Smithson Nash (holding) 13:45.

Second Period

— No Scoring.
Penalties — Smyth Edm (hooking) 6:52, Gilbert Edm (holding) 8:01, Petry Edm (hooking) 12:24, Gagner Edm, Halischuk Nash (fighting) 15:22.

Third Period

4. Edmonton, Eberle 7 (Smyth, Smid) 5:00
5. Nashville, Tootoo 1 (Weber, Suter) 11:32 (pp)
6. Edmonton, Petry 1 (Belanger, Hemsky) 12:22 (pp)

ROUND ROBIN

7. Edmonton, Horcoff 6 (Gagner, Jones) 15:03
8. Nashville, Blum 2 (Fisher, Tootoo) 19:40
Penalties — Teubert Edm (interference) 5:46, Kostyns Nash (interference) 6:50, Teubert Edm (tripping) 11:26, Suter Nash (elbowing) 12:07, Plante Edm (cross-checking) 15:31.

Shots on goal

Edmonton 13 7 12 —32
Nashville 3 18 11 —32

GOALS

(Goal shots-saves) — Edmonton: Dubnyk (W3-4-0); Nashville: Rinne (L10-5-4) (13-10), Lindback (start second) (19-16). **Power plays** (goals-chances) — Edmonton: 2-4; Nash: 1-6. Att. — 16,883 (11:13) at Nashville, Tenn.

KINGS 3, BLUES 2

First Period

1. St. Louis, Steen 8 (Oshie) 1:07

Penalties — Arnott StL (tripping) 1:50, Moreau LA (high-sticking) 5:37, Fraser LA, Nichol StL (fighting) 17:18, Clifford LA (hooking) 18:04.

Second Period

2. Los Angeles, Kopitar 10 (Richards) 7:36 (pp)

Penalties — Hunter LA (slashing) 3:00, Reaves STL (interference) 5:41, Pietrangelo STL (interference) 12:20, Porter STL (cross-checking) 16:59, Clifford LA (high-sticking) 19:01, Pietrangelo STL (slashing) 20:00.

Third Period

3. Los Angeles, Richards 9 (Loktionov) 4:41

4. Toronto, Bozak 3 (Kessel, T.Connolly) 19:22 (pp)

Penalties — Dupuis Tor (hooking) 1:52, Gardner Tor (hooking) 7:42, Hedman TB (double high-sticking) 16:20, Kubina TB (interference) 18:44.

Second Period

5. Toronto, Colborne 1 (Frattin, Liles) 17:45

Penalty — Rosehill Tor (holding stick) 4:26.

Third Period

6. Toronto, Bozak 4, 3:07

7. Toronto, Lupul 11 (Bozak, Phaneuf) 4:28

8. Toronto, Crabb 3 (Frattin, Gardner) 14:28

Penalties — Franson Tor (hooking), Purcell TB (diving) 1:13, Shannon TB (tripping) 2:29, T.Connolly Tor (interference) 2:52, Gardiner Tor (holding) 11:17, Gardiner Tor, Stankos TB (double roughing) 18:11.

Shots on goal

Toronto 8 10 8 —26

Tampa Bay 13 6 9 —28

Goal (shots-saves) — Toronto: Gustavsson (W6-6-0); Tampa Bay: Roloson (L6-6-1) (21-15), Garon (4:28 third) (5-4). **Power plays** (goals-chances) — Toronto: 2-4; TB: 1-6. **Referees** — Tom Kowal, Dan O'Rourke. **Linesmen** — Brian Murphy, Pierre Racicot. Att. — 0 (19,204) at Tampa, Fla.

SCORING LEADERS

	G	A	PT
Kessel, Tor	16	14	30
Lupul, Tor	11	15	26
Giroux, Pha	11	15	26
Versteeg, Fla	11	14	25
Vanek, Buf	11	13	24
Kopitar, LA	10	14	24
D.Sedin, Vcr	6	18	24
Pominville, Buf	8	15	23
Smyth, Edm	11	11	22
Nugent-Hopkins, Edm	8	14	22
H.Sedin, Vcr	7	15	22

CFL PLAYOFFS

GREY CUP

Sunday's game

At Vancouver

McMaster vs. Laval, 9 p.m.

FOOTBALL

VANIER CUP

Tomorrow's game

At Vancouver

McMaster vs. Laval, 9 p.m.

CIS PLAYOFFS

ATVAN CUP

At Vancouver

McMaster vs. Laval, 9 p.m.

TENNIS

ATP

BARCLAYS WORLD FINALS

At London

ROUND ROBIN

AT&T

SINGLES

Group A

David Ferrer (5), Spain, def. Novak Djokovic (1), Serbia, 6-3, 6-1.

Janko Tipsarevic (9), Serbia, 2-6, 3-6, 6-3.

Tomas Berdych (7), Czech Republic, def. Janko Tipsarevic (9), Serbia, 6-3, 6-1.

Murray 0-0 (0-2).

Group B

Standings: x-Federer 2-0 (4-1), Tsonga 1-3 (3-3), Djokovic 1-2 (2-3), a-Tipsarevic 0-1 (1-2), y-Murray 0-0 (0-2).

Group C

Standings: x-Mirnyi-Nestor 2-0 (4-1), Fyrstenberg-Matkowski 1-2 (2-3), Llodra-Zimonjic 1-1 (3-2), Bopanna-Qureshi 0-2 (1-4).

x — clinched semi-final berth; a — alternate; y — withdrew.

DOUBLES

Group A

Standings: x-Bryan-Bryan 2-0 (4-1), Lindstedt-Tecau 1-2

Final game for B.C. Lions coach?

► Buono says he'll make decision on CFL future after Grey Cup ► He's seeking his fifth title as a head coach

He's won more games than any coach in CFL history and has the B.C. Lions poised to become just the fourth team in league history to win the Grey Cup at home.

But when Wally Buono walks off the B.C. Place Sta-

dium turf Sunday, it could be for the last time as a CFL head coach.

The Lions head coach/GM said yesterday during a Grey Cup news conference that win or lose Sunday, he will take time this off-season to decide

2002 The only season a Buono-coached team hasn't made the playoffs. He left the Stampeders after posting a 6-12 record.

whether he will return to

the sidelines in 2012.

"I said at the beginning of the year the relevance of success or failure is not related to whether I coach again or not," Buono said.

"After Sunday, I'll sit down and resolve it. That's the agreement Mr. Braley

(Lions owner David Braley) and I have and I'm going to stick to my part of the agreement."

Buono reportedly is under contract with B.C. until January 2014. He is chasing a fifth Grey Cup win as a head coach and second

with the Lions when the club faces the Winnipeg Blue Bombers on Sunday.

Buono has 254 regular-season head coaching wins and won two Grey Cups as linebacker and punter with the Montreal Alouettes (1974, '77). **THE CANADIAN PRESS**

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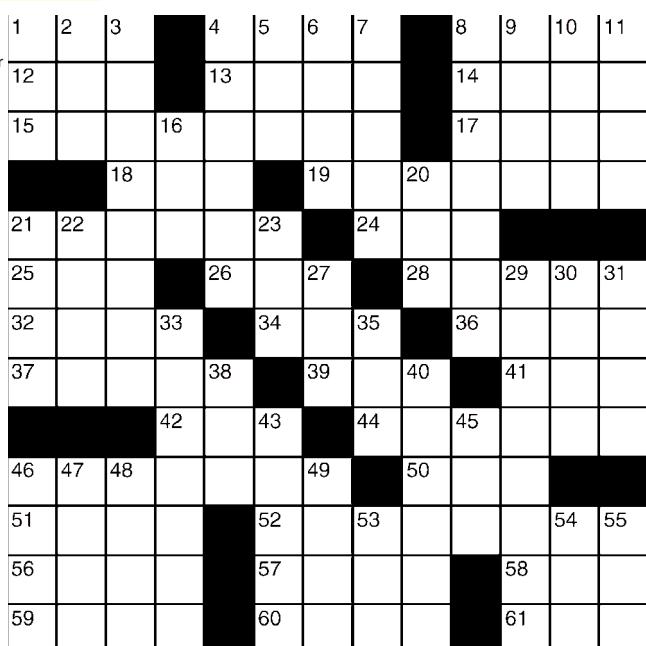
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Crossword

Across

1 Household member
4 Shock
8 Baby bed
12 Retirement plan
acronym
13 Acknowledge
14 Humdinger
15 Sports fans' party
site
17 With dexterity
18 Journey segment
19 Blue quality
21 Light colour
24 Frat-party need
25 Matterhorn, for
one
26 Slight touch
28 Staff members?
32 Pacific rings?
34 Standard
36 Bar
37 Red Square tomb
occupant
39 Hee follower
41 Rage
42 Silent
44 Deceived

46 Lottery payment,
perhaps
50 Legislation
51 Eye part
52 Exhaust outlet
56 Gambling game
57 Mexican entree
58 Pen point
59 Verve
60 Old World duck
61 Society newcomer
Down
1 Trench
2 Geological period
3 Severe decline
4 Rough, as rocks



5 Eggs
6 Oodles
7 Adapt slightly
8 Din
9 Cartoonist Goldberg
10 Troubles
11 Purchases
16 Allow
20 Lair
21 Cover of gloom
22 Sheltered
23 Once around the
track
27 Scrooge's cry
29 Aid when airborne
30 Hibernia
31 Coaster
33 Springfield sur-
name
35 Aries
38 Greek consonants
40 Cricket-bat wood
43 Mongrels
45 Fool
46 Board game, ce-
real or magazine
47 Caspian Sea feeder
48 Actress Sorvino
49 "Just the facts, —"
53 "Rocks"
54 Slapstick missile
55 Recede

► Yesterday's answer

Today's horoscope



For today's crossword answers
and for expanded horoscopes,
go to metronews.ca

Aries March 21-April 20 If you keep in mind at all times that there is no such thing as a "sure thing" you won't go far wrong.

Taurus April 21-May 21 If

friends and family choose to oppose you don't push the issue. They'll come around eventually.

Gemini May 22-June 21 If you try to have everything perfectly planned before you start a project, chances are you won't get started at all.

Cancer June 22-July 22 You will do the exact opposite of what others expect of you today.

Leo July 23-Aug. 23 Anyone who tries to tell you that you are going about something in the wrong way will be treated with your usual Leo disdain.

Virgo Aug. 24-Sept. 22 You want to be taken seriously by your peers, but that will only happen if you are clear in your own mind what it is you believe.

Libra Sept. 23-Oct. 23 There's a whole world out there waiting to be dazzled by your brilliance.

Scorpio Oct. 24-Nov. 22 You will be the centre of attention for quite a while to come.

Sagittarius Nov. 23-Dec. 21 Do you take on more work or do you enjoy more leisure time? Only you can decide.

Capricorn Dec. 22-Jan. 20

Before you move ahead with a creative project it might be wise to get some input from those whose advice you trust.

Aquarius Jan. 21-Feb. 18 Deep down you know there is something underhanded going on.

Pisces Feb. 19-March 20.

Don't put your hands over your ears and pretend you can't hear.

• SALLY BROMPTON

Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►



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Society, If you haven't yet donated to Movember, I strongly urge you to do so! It is a great cause and can do a lot of good. Please check out mobro.co/GeoffreyHoward to donate!

GEOFFREY HOWARD

Girl in Foxy Mask, If it were a date to be.. It would be you and me... Under the starry sky.. I just wouldn't wanna say goodbye.. I just wanna love you with all my heart, n' hey its not the end... its just the start.... **SECRET ADMIRER**

Irresistible Prince Charming, My sweet darling, every time when I saw you my heart raced fast speed... You are like a magnet I am attracted to you... and I can't stop thinking of you and wanting you by my side... I think I love you too, very, very much! Just a kiss and my dream will come true...

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Today



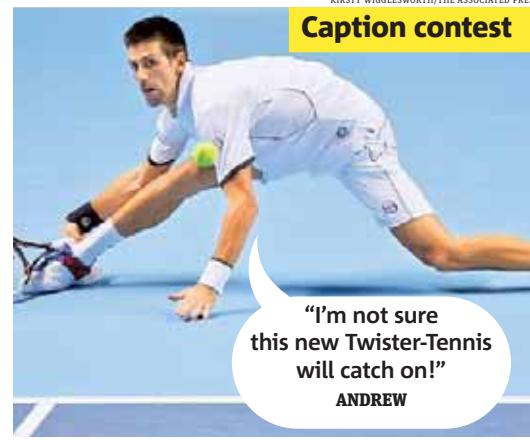
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